



# Connecting Your Mind to Your Consciousness

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|--------------------|--------|-------------------|
| 1. Awareness       | —————▶ | 1. Perspective    |
| 2. Energy          | —————▶ | 2. Control        |
| 3. Self-Regulation | —————▶ | 3. Power          |
| 4. Openness        | —————▶ | 4. Allowing       |
| 5. Service         | —————▶ | 5. Fulfillment    |
| 6. Forgiveness     | —————▶ | 6. Flow           |
| 7. Reflection      | —————▶ | 7. Wisdom         |
| 8. Grace           | —————▶ | 8. Peace          |
| 9. Motivation      | —————▶ | 9. Meaning        |
| 10. Communication  | —————▶ | 10. Connection    |
| 11. Empathy        | —————▶ | 11. Transcendence |
| 12. Growth         | —————▶ | 12. Consciousness |

When you establish the mindset foundation you have created, you can use that foundation to surpass today's "normal" human level of consciousness by understanding the mind/body/spirit connection.

It's more than yoga. It's more than meditation - it's a full understanding of the energy of thought, motion, emotion, and manifestation principles.

If you're ready to go there - where few are able to venture, then Mastery Elite is or you.