

TOOLS FOR GROWTH

The following is a list of the basic tools. The tools of the Process are in service of your continued growth path throughout your life. Some of these are presented in more detail in this book. These tools are a working model, but they are not the only ones that you can use. Some of these tools will work for you and some will not. They are techniques, processes, and skills that you can use to nurture yourself.

- Visioning (*see pages 53–57*)
- Awareness and self-love
- Parable of God – free will
- Visualize Left Road & Right Road and make a choice (*see page 61*)
- Pattern tracing
- Awareness – Bash – Dialogue – Recycle (*Tools CD and see pages 25–27 & 40–47*)
- Process Summary (*see page 9–10*)
- Quadrinity Check (*see page 59*)
- Experience addictions in the Light and make a choice (*see page 62*)
- De-energizing techniques (*see page 37*)
- Compassion (*see pages 74–75*)
- Self-Forgiveness / Self-Love Walk (*see page 11*)
- Releasing secrets
- Compassion and forgiveness (*see pages 74–75*)
- Naming feelings (*see page 64*)
- Visualize your negative funeral and reaffirm your vow (*see page 61*)
- Emotional Self – Intellect – Body confrontation and truce (*see page 63*)
- Transference communication and exercise sheets (*see pages 66–69*)
- Elevators (*see pages 28–30*)
- Vicious cycles (*see pages 34–36*)
- Creative visualization (*see pages 56–57*)
- Journaling
- *I Am That I Am* (CD)
- Dark Side process (*see pages 37–38*)
- Ceremony of Integration — child matures, High Spiritual Teacher, Integration
- *River of Life* (CD)
- Workbook
- Vocalization
- Conscious breathing
- Appreciations / positive scanner – feedback – sharing
- Play – fun – humor – dance – nurturing body
- Coaching by phone with a teacher (*see page 80*)
- Relationship Intensive (*see page 82–83*)
- *Spirit Guided Path* (CD)
- Tools CDs
- Local Graduate evenings
- Q2 Graduate Intensive (*see page 78*)
- Teleclasses (*see page 84*)