



PRACTICES : JAGUAR

The Practice of Fearlessness

- Actively practice peace and nonviolence
- Not responding from a place of anger or fear
- Not colluding with the consensual reality (high level of integrity)
- Motivated by powerful set of ethics - do not buy into everyone else's beliefs

The Practice of Non-Doing

- Immerse yourself in the flow of the universe
 - Stay in the present
- Rather than pushing to make things happen – allow things to unfold

The Practice of Certainty

- Have an unwavering commitment to the course you've chosen
 - No Backdoors, burn your bridges
- Don't create what keeps you from being fully engaged in your present "If this doesn't work I can always"
- No doubt, absolute trust in Spirit, practice certainty.

The Practice of Non-Engagement

- Not engaging in predatory relationship
 - Violence no longer lives within us
- Select your battles carefully. Ask: Is this conflict worth my energy?



CHAPTER ONE RESTORE & RE-ALIGN OPPOSITES

Passion

Sharing

Focus

Affection

Sensuality

Nurturing

Flow



Loving

Radiance

Surrender
Discipline

Empathy

Independence

Receptivity

Freedom

Loving

Patience

Integrity

Direction

Logic

Stability

Tenderness



CHAPTER ONE

RESTORE & RE-ALIGN

BALANCE OPPOSITES

Label the two images as opposing forces then list the emotions from the previous page underneath the appropriate image

Below the Gemini symbols and scale are two columns of horizontal blue lines for writing.