

	Motivation	Invocation	Compassion	Empowerment	Wholeness
Body	Tension in body Restless Body doesn't feel fully alive	Centered Grounded Trust embodiment	Appropriate boundaries Heart area feels open and spacious	Your body is the vehicle through which energy of the universe can manifest	All One All is God's Body
Spirit	Yearn for Beloved Addiction to fear Heart feels disconnected	Heartfelt invocation Prayer/mantra Trust in the heart that there is a sacred reality	Feel connected Warm toward self and others Empathy	Merged with the Beloved	All One All is the Beloved
Mind	Addiction to thought Four Motivating truths: 1) We all die but we don't know when 2) Life is precious 3) Karma 4) Suffering	Trust choiceless awareness rather than analysis and fixing Take refuge in: The Buddha The dharma The sangha	Mind understands that everyone wants happiness, that compassion is our true nature Wish for all to be happy and free	Wisdom mind Surrender to Divine Will	All One All is the One Mind