

# **The Compass: Awakening to the Journey from You to Yourself**

## **Session 1b**

### **The 3 Intentions =**

Connect. Choose. Affect (or Influence).

### **The 4 Keys = L.O.V.E. (in Hebrew = A.H.V.A.) =**

Courage. Listening. Choice. Transformation.

### **The 7 Gates = (not necessarily linear)**

- 1) Observe
- 2) Ask
- 3) Understand
- 4) Feel
- 5) Do
- 6) Accept
- 7) Love