

chapter one



This section is about getting in touch with the unlimited, unfiltered part of your self. It's a place in you that currently may be neatly folded and put away for safe keeping or beaten to a bloody pulp and locked in the closet. Whatever shape the glistening, amazing, here-for-a-reason part of you is in, here is a chance to re-connect and fire up your engines. Play here. Don't worry about getting anything right. Blow open the doors. The more outrageous and big you can be, the more you'll have to work with, along with feeling life being breathed back into those dead limbs. Fan the embers and let them warm you.

Heartfire, get it?

fly

Quickly answer these questions (don't think too much):

I am:

I can:

I know:

I want:

I see:

I value:

I love:

I dream:

I crave:

I am beginning:

I love:

I feel:

I hope:

I need:

I have to have:

