

**Circle of Life and How to Play It** – goodness – how many words can fit on one white board? Michael shows two pathways in life, the upper path and the lower path, and what results from going either path. It begins with an event, which triggers a reality, and from there we chose which path to go. The upper path begins with taking responsibility for the reality we hold. If we continue this path we have certain behaviors we will do, i.e. breathe, love truth, stay connected, willing to learn and accept feedback. We look for the best in another (that is true humility), we are abundant and desire an increase for all, and we have true relationships, which are sacramental. We have "in-to-me-see" which is not sex but a physical intimacy that is a celebration of relationship. We do not love but WE ARE LOVE. We achieve a body of fluid light, joy, peace and aliveness and thus are winners regardless of the circumstances in the outside world. The lower path begins with denial of responsibility. If a person continues this path they also have certain behaviors they will do, i.e. holding the breath, blockage of truth, confusion and addiction to something to hide the pain. Addictions can be drugs or alcohol but can also be junk food or even hostility. The person on the lower path feels disempowered and insecure. They attack others, want an increase for only self, and are incapable of love in a relationship. They operate an exchange program where others are approved of as long as things are going their way – it is sex with a body and not relationship with a being. Manipulation and fear and are prime drivers of their behavior. These frequencies are stored as toxic crystals and toxify all around them. They drive away intimacy and are in constant turmoil, unconscious to their own plight and thus are losers even if they own it all materially. Notice when I discussed the upper path I said "we" but when discussing the lower path I said "they" – that is because I choose to be on the upper path. Honestly, at times I have found myself on the lower path but with the tools I can now see what the proper behavior should be and correct my direction.