

A Message from the Master Instructor:

The only constant in life is change. As the winds of change blow it is our duty to stay inspired and motivated. As circumstances beyond our control occur, we have the power to choose how we engage with them. In life, you get back how you give, not what you give. Energy and intent is constantly flowing from you. Are you directing it towards your goals or are you walking asleep in your waking dream? Your life is your Ceremony. It is not a ritual.

What is the difference between the two?

If you do not know, ask the Master Instructor!

(Hint: The answer has something to do with the How)

“If there is any kindness I can show, or any good thing I can do to any fellow human being, let me do it now, and not defer or neglect it, as I shall not pass this way again.”

-William Penn