



## ***Find your Path by Using your Inner Power.***

Jean Houston (an American scholar, lecturer, author, and philosopher active in the "human potential movement") encourages us to find our way to our "intellikey selves." She describes the intellikey as a code within each of us, with the example of the intellikey of an acorn, being to become a strong, huge and productive oak tree. We need to tap into our own intellikey, to see the best of ourselves, to see everything that we are capable of, our potential, our capacity. The best resource we have is our own heart so let's use it to the best of our ability to move toward our own potential to become the best we can be. Regardless of what higher power you consider exists, Jean Houston believes you have a Divine portion within that claims you, and you have a right to connect with it along any pathway you can accept, create or contemplate....

As a child Jean asked Helen Keller "Why are you so happy?" – she answered, "I live every day as it is my last."

No doubt this amazing woman was a great inspiration to Jean who has spent so much of her life encouraging others to do their best. When asked, "Why are you blessed?" She answered, "Because I expect to be!"

She has these tips:

- Yes to life instead of complaining
- Don't fall into despair what you appreciate **appreciates in us**
- Build a positive relationship with your brain
- Touch your higher guidance- get love empowerment nourishment and a companion for life.
- Move toward your life purpose -be playful - activate it in all your senses focus - pay attention to it 10 min a day
  
- There's so much more that we know than we know
  
- Be aware of what you are being pulled toward - belief structures reality- we are walking magnets we get back what we yearn towards.

***Tune into your neighbourhood it is far more interesting than TV!  
Be a part of life!***

**[www.JeanHoustonfoundation.org](http://www.JeanHoustonfoundation.org)**

*"We are not human beings having a spiritual experience. We are spiritual beings having a human experience". Pierre Teilhard de Chardin.*



## Intellikey Exercise

- Call up this capacity, this intellikey. Call up your own best self.
- See it, imagine it, give it substance and breathe it in.
- Let it come right into your heart.
- Now see it standing directly in front of you; notice all that wisdom, courage and creativity, everything you need to do whatever comes next in your life.
- Receive it being offered, feel its love.
- Fill yourself with as much as you need.
- Let this intellikey shower and bestow upon you all the kindness, wisdom and creativity that will enable you to find the courage you need to take risks as you step out into the world again.
- Now change places – it is you who is the higher self  
It is you who is doing the bestowing of kindness, wisdom, creativity, courage...
- Give it generously!
- Change places once more  
Here you are, the realized self  
You are strong and courageous  
You are and you have all that you need.

Recognise from this source you have all within that is needed to move forward. Ask questions and gain insights for your future.

