Scott Cole's Eight Poses of Empowerment

1) **GENERATING.** Drawing prana up from the earth.

2) **CENTERING.** Finding the sacred center.

3) **LIFTING.** Rising up and reaching for your highest potential.

4) **EMBRACING.** Being in the flow of giving and receiving.

5) **BALANCING.** Holding center amid the swirl of life.

6) **EXPANDING.** Opening into new possibilities.

7) **RETURNING.** Curling back into the self.

8) **RELEASING.** Letting go of that which no longer serves.

BEGIN AGAIN. Other side.

START HERE. Grounding the energy.

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