

# The Four Fundamental Skills for Developing Your Superpowers

## A Three-Hour Workshop for Transformation for Groups of Three or More People

At this moment in history, we have inherited an amazing treasure of inspiring and empowering practices from around the world: from religions, psychology, art, fiction, and science. From these, I've identified four principles to use in your daily life to develop your very own superpowers.

### The Skills

1. **INNER SILENCE:** This is the purpose of all meditation. It shows up as incubation for artists and the runner's high for athletes. It's most useful when used throughout your daily life.
2. **VISUALIZATION:** This powerful skill works best when it's combined with the other three skills.
3. **CHAKRA ACTIVATION:** The chakras are the energy centers that power all of your actions.
4. **FOCUSING CHI ENERGY TO ACHIEVE SPECIFIC RESULTS:** The energy generated by the chakras is chi. After learning to generate it, you can use it to achieve what you want.

### The Results of Using These Skills

In my workshop, "Developing Your Superpowers," you'll learn to use these four skills to achieve:

#### Personal Growth

- ☉ How to accelerate the growth of one or more personal qualities that you already have.
- ☉ How to heighten your ability to tune in on others and increase your rapport for them.
- ☉ How to heighten your intuition, eventually developing higher powers like telepathy.

#### Greater Happiness

- ☉ How to face tumultuous circumstances with peace.
- ☉ How to overcome ongoing anxiety, fear, and stress.
- ☉ How to access greater levels of creativity, invention, focus, and logic.

#### Accomplishing Goals

- ☉ How to enhance what you already know about visualization by using the four skills.
- ☉ How to use chi energy to accomplish practical goals.
- ☉ How to manifest what you want in your life.

In this hands-on workshop, you'll directly experience the power of each of the four skills. Then you'll learn to combine them using several practical recipes. After a brief introduction, you'll experience three intense group exercises that will teach you the skills, because the most powerful experiences of these skills require a group. (If you wish, you can sign up for periodic or ongoing group practice by Skype.)

Later, I'll teach you a five-minute morning routine that will start your day off right. This short routine, which you can do while you shower, will use these four skills to set the tone of your day, improve your relationships, evolve your personal qualities and skills, and clarify and achieve your goals for the day.

After you've established this routine, you'll automatically begin to use these four skills as needed as you go about your day. These skills become superpowers when you learn how to use them in the middle of the turmoil of life. These skills are most important when you're at work, at school, or interacting with your friends or family.

That's when these superpowers come in handy—when the difference they make matters to you.