

Newsletter "The Source"
Path to Spiritual Awakening
12 Requirements
by Shihan Richard J. Van Donk

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| 1 | A perpetual longing for the light. Lighten up and be free. |
| 2 | Be Debt Free (all levels). You must give freedom to gain freedom. |
| 3 | Purity of thoughts for others and for self; making no future negative karma. |
| 4 | Purity of body through diet, breath control and movement. |
| 5 | Repeated Inner Meditation on the breath, hearing the inner sound, bathed in the inner light. |
| 6 | Be committed to this existence and be fulfilled in this moment. |
| 7 | Living with loving gratitude while deeply appreciating everything. |
| 8 | See and experience the joy of God in everything. |
| 9 | Forgive others and yourself for everything they or you have ever done and everything they or you will ever do. You are now free of judgments. |
| 10 | Live with joy in your heart and share your bliss and abundance. |
| 11 | Be a responsible co-creator, realizing Heaven on Earth. (Earth is Heaven) |
| 12 | A teacher to guide you safely in the inner knowledge - Optional (but generally faster & safer) |