

**A Self-guided Course of Transformational Study**  
**13 Beneficial States of Being for Living in Harmony**



*Would YOU like to experience life as performance art—  
a dance, a dream, a grand adventure with  
YOU as the star?  
Maybe you can,  
simply by shifting your point of view.*



# 13 Harmonious States

#	STATE OF BEING	POWER OF	THEME
1.	<b>YOURSELF</b>	LIFE FORCE	Self Realization
BENEFIT — Source your life from your true nature			
2.	<b>REAL</b>	THE WORD	Integrity
BENEFIT — Improve relationships, and well-being, Be happy.			
3.	<b>GRATEFUL</b>	APPRECIATION	Where Attention Goes
BENEFIT — Open the floodgates to abundant living			
4.	<b>HAPPY</b>	MANIFESTATION	Law of Attraction
BENEFIT — Align your vibrational field with what you want			
5.	<b>OF SERVICE</b>	CONTRIBUTION	Giving
BENEFIT — Share your unique contribution while bringing joy to yourself and others			
6.	<b>OPEN</b>	RESILIENCE	Radical Acceptance
BENEFIT — Live in the power of the present moment			
7.	<b>INSPIRED</b>	DISCIPLINE	Carpe Diem (Seize the Day)
BENEFIT — Experience inner peace and freedom every day			
8.	<b>POWERFUL</b>	ALIGNMENT	Inner Alignment
BENEFIT — Know your own strength			
9.	<b>GUIDED</b>	FAITH BEYOND BELIEF	Trust
BENEFIT — Move mountains			
10.	<b>BEAUTIFUL</b>	ENJOYMENT	Your True Nature
BENEFIT — Maximize your reach and results with less effort			
11.	<b>PROUD</b>	MASTERY	Self Actualization
BENEFIT — Enjoy being you			
12.	<b>ROOTED</b>	ALIGNMENT	Earth Energy
BENEFIT — Touch the heart of Mother Earth			
13.	<b>HERE NOW</b>	SILENCE	Presence
BENEFIT — Manifest bliss—your birthright.			



## *Key of Life*

is designed to engage the student in 13 desirable states of Being. We think the first four are foundational, and recommend doing them first, in order. These Session may be used by anyone.

Beginners will find them accessible, and experienced spiritual practitioners will appreciate the reminders. We often approach our spiritual journeys with little planning. This is an opportunity to take a methodical approach and polish up the basics while aiming for mastery.

### **How to Use the Course**

1. You may print the lesson or work from the screen. You can use the black/white setting if you don't want to burn through colored toner cartridges.
2. Have a pen/pencil and notebook/paper or printed lesson handy for notes.
3. Start with Session 1.
4. Skim for meaning.
5. Read the lesson.
6. Look it over again to see if you have any questions.
7. Get your questions answered (use the internet, friends/family/teachers, contact me). You may move on to instruction 8 before 7 is complete, (as long as you get your questions answered before moving to the next session).
8. Read the exercises. Do the ones you're interested in and that will benefit you.
9. Repeat steps 2-8 with Sessions 2, 3, and 4.
10. Continue with the remaining sessions. You may do them in any order you choose, being aware that you're working up to Session 13, the ability to live in present moment awareness.



Janus Laughingbear Blumë  
Transformational Life Coach