

# THE FOUR INSIGHTS BY ALBERTO VILLOLDO

DREAMING THE WORLD INTO BEING ~ CO-CREATING WITH THE DIVINE

## The way of the HERO

Turn wounds into sources of power and compassion.

### NONJUDGEMENT

Transcend your limiting beliefs. Let go of your opinions about right and wrong, good and bad.

### NONSUFFERING

Do not write stories about your pain. Differentiate between suffering and pain and give up suffering.

### NONATTACHMENT

Let go of the labels you stuck onto yourself. Find your reference point internally: let it no longer be your ego but your divinity.

### BEAUTY

Perceive loveliness even when there is ugliness: find the gift from Spirit. Bring beauty to every moment by sincerely smiling; beauty will seek and find you.

## The way of the LUMINOUS WARRIOR

Discover the power of fearlessness.

### FEARLESSNESS

Actively practice non-violence in speech and action, because violence is rooted in fear. Approach people and situations with love.

### NONDOING

Immerse yourself in the flow of the universe. Let it be. Remain in the moment and enjoy life as an adventurous ride.

### CERTAINTY

Have an unwavering commitment to the path you have chosen. Let go of your worries and doubts, fulfill your dreams; have no other option but success.

### NONENGAGEMENT

Do not take part in battles. Give up the need to be "right". Always believe the best of other people's words, intentions and actions.

## The way of the SAGE

Enter the stillness of your soul.

### BEGINNER'S MIND

Let go of all preconceived notions. Become childlike. Give up all expectations.

### LIVING CONSEQUENTLY

Recognize the impact of each thought, intention and action. Be in perfect harmony with creation.

### TRANSPARENCY

Stop hiding parts of you from others. It is ok if those around do not embrace your many facets. Be who you are and say who you are.

### INTEGRITY

Be true to your word and recognize its power to create reality. What you repeat to yourself and the universe will manifest.

## The way of the SEER

Become one with spirit.

### MASTERING TIME

Time is non-linear, we operate in sacred time. Trust synchronicity, the universe conspires on your behalf.

### OWNING YOUR PROJECTIONS

Own the parts of yourself that make you feel uncomfortable and no longer hold anyone else responsible for your pain or happiness.

### NO-MIND

Break free of your "monkey-mind" and get in touch with the Sage within, Spirit, God. Create a white canvas and dream onto it a world of beauty and grace.

### INDIGENOUS ALCHEMY

Embark on a sacred journey and see only opportunities. You are Spirit. Step into your destiny.

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