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Release all tension from the top of the head to the feet, and drop it down into the center of the earth. Keep closing mind and body.



- Nothingness
- Darkness
- Humility



Return to MU (nothingness) the embodiment of preparation for the next beginning.

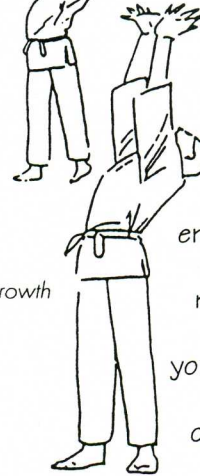
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Birth

- Openness
- Expansion
- Trust

Trust



Growth

The embodiment of grace received by opening yourself, and trusting completely.

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Completion

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- Embrace
- Acceptance
- Completion
- Offering



Acceptance, embrace, human capacity, completion of self



An embrace and reconciliation of everything in the world, the embodiment of universal love, and of giving everything back to the center of the Great Universe.



Pursuit of your dream

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• Integrating the ideal into reality.
The embodiment of integrating your ideals and dreams into reality. Carving out your future.



Challenge



Development, leadership

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- Management and development



Control, management

The embodiment of original hopes and dreams nurtured and carried forward.



Exploration, development of untapped resources.

Tenshingosho: Cycle of Life