

## Principles of Leonard Energy Training

1. **You are the authority.** Anything you experience is valid for you. You are responsible for who you are and for what you do, perceive, and feel.
2. **The capacity of the human being and of human society is largely untapped.** We use only a small portion of the incredible potential available to us. It is possible to experience life in all of its dimensions—physical, emotional, intellectual, spiritual and social—more deeply, creatively, and meaningfully than we typically do, or are expected by society to do.
3. **The body is a highly effective learning facility.** It is fully instrumented, with millions of feedback circuits, and the feedback is practically instantaneous. Once you’ve tuned in to your body, you’ve tapped an almost limitless source of learning.
4. **A centered body leads to a centered life.** Your bodily stance goes a long way toward indicating your stance in life. The human body can be taken as a metaphor for everything else in existence.
5. **Expect nothing, be ready for anything.** Readiness, of course, is a good thing. But expectations get in the way of readiness.
6. **Put it on the mat.** In other words, develop your talents, make them public, and be willing to be a fool. Take appropriate risks. Don’t hoard yourself.
7. **Take the hit as a gift.** Challenges can be energizing. Don’t deny the existence of negative happenings. Use them! Even some of the shocks and blows that you experience can help you achieve your potential if you know how to handle them.
8. **Personal intention carries great power.** Intention is what you consciously or unconsciously aim for or establish as purpose. Your intention, if strong enough, has an almost unbelievable power to create your reality.
9. **A change of context makes transformation possible and, indeed, likely.** The word “context” comes from the Latin terms *con* and *texere*, meaning “to weave together.” How you weave your world together, how you see things, has a lot to do with how you deal with life’s situations and what happens to you. To change perception is often to change experience.