

THE ADRENALINE PATH TO ENLIGHTENMENT

1. Learn what Stress is.
2. Learn what Adrenaline is.
3. Find Stress and Adrenaline linked.
4. Shift focus from Stress to Adrenaline.
5. Learn how to create conscious (volitional) Adrenaline.
6. Practice creating Adrenaline at will.
7. Recognize the Emptiness.
8. Practice reducing Adrenaline.
9. Learn to fill the Emptiness
10. Walk Between The Raindrops