

**Angeles Arrien**

**LIVING THE FOUR FOLD WAY**

from *“The Four-Fold Way; Walking the Paths of the Warrior, Teacher, Healer, and Visionary”*

The 4 Principles:

**SHOW UP or CHOOSE TO BE PRESENT**

Being present allow us to access the human resources of power, presence, and communication. This is the way of the Warrior. This can be expressed in our leadership ability.

**PAY ATTENTION TO WHAT HAS HEART AND MEANING**

Paying attention opens us to the human resources of love, gratitude, acknowledgement and validation. This is the way of the Healer. This can be expressed in our attitudes toward maintaining our own health and the health of our environment.

**TELL THE TRUTH WITHOUT BLAME OR JUDGEMENT**

Non-judgemental truthfulness maintains our authenticity, and develops our inner vision and intuition. This is the way of the Visionary. This is expressed through our personal creativity and our ability to bring our life dreams and visions into the world.

**BE OPEN TO OUTCOME, NOT ATTACHED TO OUTCOME**

Openness and nonattachment help us recover the human resources of wisdom and objectivity. This is the way of the Teacher. This is expressed through our constructive communication and informational skills.