

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.

THE
FOUR
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P.O. Box 330397 Coconut Grove FL 33233 / (888) 437-4077 / thefourwinds.com