



# Beginning Your personal Quest

Know Thy self

“First see the fire then strike the match”

By Wes Hamilton

***Know thy self***    *We have connections to others*

Ancient writings tell us we are all connected at a subconscious and super conscious level in our minds. Biology tells us we are connected at a molecular level, and spiritual messages tell us we are all one. That being said, I would like you to look at the connections in your life with the people you feel connected to.

**Action:**    Look at people in your personal and professional life. What are the behaviors you like or dislike in being associated with these people? Is it possible they could be expressing aspects of you? Could this mirroring to you be a connection that is real?

***First see the fire:***    This exercise is a beginning to develop your awareness to your environment. This awareness will be helpful when you begin to take an active role in expressing the energy of your core Passion,

***Know thy self***    *Connections to the inner and outer*

Sometimes it is easy for us to see our connections to others, we can describe who, what, and perhaps why we are connected to these people, however have you ever thought about the connections you have to yourself? At first this may seem to be a confusing question. Ancient wisdom tells us our outside world, the world we live in and interact with is a manifestation of our inner world, the world we created with the feelings, beliefs and values we carry with us.

**Action:**    Take a moment and ponder the thought; how and where are you connected to yourself? For example: Are you connected to the food you eat? Today when you are enjoying your lunch, take time to notice if this food has connections ( how does it impact) your physical body, your emotional body, your mental body and how about your spiritual



body? When you find answers, ask yourself ---what are these connections and why are these connections important? How do these connections influence me?

***First see the fire:*** When we become aware of this phenomenon, we can choose to be proactive in our life using the language of our Core Passion, adjust our values and alter our beliefs to develop a plan to live the life we choose to create or the life we dream of creating.

***Know thy self***      *You are always asking questions”*

If you think about it, everything begins with a question. Look at your own life, do you find yourself asking “What am I going to do today”? “What do you want me to do”? “Where are my car keys”? You may find your self asking others. “What’s on the agenda”? “What’s for dinner”? “Where are we going”? These questions go on and on all day long, day after day.

**Action:** Today I’m asking you to ask these questions of your self: Who are you? (can you give a description of who you are without using your name, where you are in a family or what you do for a career?) What do you want? Where are you going in life? What drives you to do what you do? Why do you want what you want? Take time to record these answers, you will need them later.

***First see the fire:*** You begin to develop awareness that most of your questions are sourced from your Core Passion energy. Learning where your energy originates is a key step in planning and managing your life

***Know thy self***      *Your Points of power are influenced*

Your points of power are your top five Core Passion frequencies. These five points consist of energies that are constantly influencing every decision you make and action you do everyday of your life.

Your values (what is important in your life) affect and influence your points of power. How? Well you also have benchmarks (memories) that become reference points for the values you have developed. You use your memories to support your values; this process



assists you in making decisions about how you proceed each day. You use these intersections, your Values & Core Passion Points of Power to create your day and develop your life. These intersecting points are influenced with survival filters filled with many files full of thoughts and emotions based on your life experiences.

**Action:** Look at your Core Passion assessment results page and study the top 5 Core Passion frequencies. Review the custom pages for these Core Passions; pay attention to the challenges and the lessons sections. Next, create a list of 10 of your personal values. This list will contain things that very important to you. Examples may be: family, home, freedom, money, friends, children etc. Now begin to develop a working knowledge of the language of your top five driving forces and how things you value may be supporting or challenging your Core Passion energy. You will need this information to expedite achieving your personal goals.

**First see the fire:** Identifying these Points of Power and using the associated language of these points along with your personal values creates awareness for you to acknowledge your values and your Points of Power when they meet at the crossroads; doing this process gives you a method to create a growth mindset using your Core Passions lessons and your values moment by moment.

### ***Know thy self***      *The 5 points of power*

-Ancient wisdom gives us insights into the 5 points of power with the drawing: “the Andromeda man”, Painted by Leonardo da Vinci. This drawing has a strong clear symbolic message about who we are and how we are connected to all things. Using the energy and information of this powerful symbol we are able to use the language of the 5 points of power to articulate our values and filters. This process gives us a system to develop a plan to move into alignment with our Core Passion.

Action: Look at the drawing of the “Andromeda man” then look at your top five Core Passions. Next choose one of your top five Core Passions and write it on one of the points of the drawing. Do this until you have placed all of your top five Core Passions on the five points of the drawing. Next take the top 5 values from your list and intuitively place one on each point of the drawing.



***First see the fire:*** This exercise will begin to activate your inner knowing and the connections you have to all things; meditate on this picture you have created. Pay attention to any information you may receive about how your Core Passions and your values are connected. Use this drawing to give you information about what may be happening in your life. When you begin to receive insights, record it in your journal.

***Know thy self***      *You are the language of Core Passion.*

The language of Core Passion gives us a powerful tool to communicate. Communication is the gift and challenge we have in most of the experiences we encounter everyday. Think about the struggles you have when you don't know the language, the customs, the rules and the culture when you travel to a foreign land. Once you learn the language or you find an interrupter you are able to create a proactive plan and ask for what you want. This same process works with understanding the language of your Core Passion. When you know the language and you know who you are, you know what to do. You become proactive in creating your life; you know how to ask for what you want and be aware of what is driving that wanting.

**Action:** Write down three things you would like to create or bring into your life in the next ninety days. Now create a statement stating how each Core Passion frequency will assist you to bring your intentions to you.

***First see the fire:*** This exercise is designed to have you look at your top five Core Passions and what these energies are asking you to do in the process of creating what you want.

***Know thy self***      *Your gifts and challenges.*

We have a natural rhythm of energy on this planet called the circadian rhythm; this energy moves in and out, back and forth, up and down. In our life we can observe this energy when an experience shows up as easy or difficult. Playing golf is one of the fun ways to feel the energy of this rhythm. Some days we can play the game of golf without effort and other days we can't seem to play well at all. Some days this shows up even more intense every other hole we play is either easy or difficult!



**Action:** Using the awareness of your Core Passion's gift and challenge, you will be able to identify which energy source or point of power is contributing to your experience of joy or frustration.

**First see the fire:** The key focus here is to look at the lessons of the Core Passion energies you are working with. Use the message of this lesson to see what this circadian rhythm is teaching you about how to manage these powerful driving forces. This method of awareness is what we refer to as the skill of building the bridge, connecting your inner reality with your outer reality.

**Know thy self**     *Activate your personal power.*

We are a source of strength and power. Have you ever thought of yourself as powerful? Power appears in many ways, strength and stamina in our physical world, the power of emotional stability appears to come from within, quick wit and thinking gives us power in communicating and analyzing and the power of faith comes from a source not easily identified. All of these abilities are an expression of our personal power.

**Action:** Have you ever pondered the source of your Personal Power? Your personal power is driven by your Core Passion. Once you know the source of your energy and learn to articulate the language of Core Passion you will know this is what drives these personal power attributes?

**First see the fire:** It is very interesting to observe how Core Passion is the fuel, the catalyst that drives your strengths, your personal power. Knowing this information gives you an edge to focus your abilities and align your Core Passion with your strengths to achieve the desired outcomes you are striving to accomplish.

**Know thy self**     *Follow your life thread*

Have you ever had pile of thread or string and you wanted to unravel to wrap it up in a neatly structured manner? The first thing you must do is find an end to the string so you have a place to begin. Taking a Look at your life path begins the same way. Today is the end of the string.



**Action:** Turn around 180 degrees and look back at your life. It's just as if you are following a thread, unraveling the hap hazard pile to find what, why and when different things happened to cause you to turn or change course while your life was happening.

***First see the fire:*** This process of following the thread gives you a new perspective to observe your life. From this angle you are not emotionally attached to the experiences you encountered in your past so you can observe yourself with clarity. This clarity provides you information you did not have access to while you were in the experience on your life path. You can use this exercise to give yourself insights about how your Core Passion was always there guiding you. You were being prompted to make course corrections based on the energy of your 5 points of power. These power sources have fueled every decision you made. These power sources influence all of your behaviors. Armed with this information, you are able to again turn 180 degrees and look forward into your future; with this new awareness you can make clear concise intentions of what you want to create in your life. You can consciously use the knowledge, language and the energy of your Core Passion to fuel your journey into the future. You will be working in harmony with your inner and outer selves. You will be on way to creating a balanced more fulfilled life.

***Know thy self*** *Live in balance.*

When things are balanced they work better. When we experience extremes in the weather like 95 degrees one day and 40 degrees the next day, it can be difficult to adjust to being comfortable. When we have a run of difficult days it can be stressful, when we have a run of really great days, we wish it would last forever. Observing this phenomena we gain insights into how balance is something we crave everyday. When our life is in balance we can relax knowing what can be expected.

**Action:** Find a challenging situation you are working with and look at the message in the lesson of the Core Passion energy that you are connected to, read the challenge and the lesson. Make the necessary recommended changes and return to balance by moving back into the gift of this Core Passion. The quicker you are able to return to balance the quicker you can develop control in your life. Balancing the inner reality with the outer reality becomes the key to your success.



***First see the fire:*** Using this awareness we can look at our Core Passion energy. When we are in the joy or the gift of our Core Passion we excel, when we are in the frustration or challenge of our Core Passion we find our self becoming perplexed or angry. We can count on both of these experiences happening as long as we are alive. Our goal is to become aware when we are out of balance, making appropriate adjustments and return to balance as quickly as possible.

***Know thy self*** “*Create your future vision*”

We are all aware of our past; there are pieces of our past we remember fondly and there are pieces we regret and wish we could have done differently. Hopefully there are lots of happy memories to enjoy. Being conscious of our present moment, today, typically we can see parts and pieces of our present day where we are in the flow or out of the flow doing what we doing. Now looking at your future is a little more challenging. Your future has not happened yet so there may not be much emotion connected to what’s on the horizon. The question is what is your vision for your future? We all create our future from our vision on the horizon. We can do this either consciously or unconsciously. Remember your Core Passion energy is always prompting you to work with these driving force frequencies, as always, everything starts with a question?

**Action:** The question is what is your future vision for tomorrow? Better yet, what is your future vision for your Life? Write these answers in your journal.

***First see the fire:*** This exercise creates awareness that you really do create your reality from your future vision. Now you can begin to consciously create your life using the energies of your Core Passion frequencies aligned with your future vision.

***Know thy self*** *Live in alignment.*

Alignment is when you’re in the flow, everything clicks, everything works smoothly. You find yourself whistling while you walk, perhaps singing as you go through your day. Have you ever pondered why these moments of joy rise to the surface?



**Action:** When you have these joyful moments, look at your Core Passion energy sources, you will discover they are all being recognized for what they want and you are performing or living in the gift of these energies.

**First see the fire:** Awareness that you have created an intention that gives permission for your Core Passion to run at full capacity. You are clear about who you are and what you want. You have experienced a moment of awakening to your purpose.

***Know thy self***                      Measure your Core Passion

Our measurement tool is our Passion Portal assessment. Taking this assessment is a way to connect to your inner self. This connection is woven into the questions and the bridge to your inner self is created when your answer is chosen. This unique process allows us to place your answers into a system with the ability to measure the intensity of your Core Passion. Now we are able to measure the frequency of your inner spirit.

**Action:** You may ask why? What purpose is served with this process?

**First see the fire:** With this assessment we are able to identify what the driving forces are, that propel you every moment of everyday to live your life the way you do. This valuable information gives you never before abilities to direct your life. For the first time in recorded history we are able to align our inner driving energies to create our life to be more productive, efficient, effective and joyful. Why is this so important? The answer is; we will be in alignment with our spirit. This alignment is what we have been searching for since birth. This is like finding the Holy Grail.

***Know thy self***    *Live in harmony.*

Living in harmony is like listening to a symphony orchestra playing their favorite musical pieces. Everything is in the right place at the right time. The rhythm is perfectly timed and everything flows. We have this ability within us to create our own beautiful music as we live our life.



**Action:** Look at your personal Core Passion graph. Write a defining statement describing how your top five Core Passions will be acknowledged on a daily bases as you create your life. This is the process of writing your own song.

***First see the fire:*** Acknowledging your Core Passion energy is where the frequencies and the rhythm begin. Using these frequencies of energy to set and develop your rhythm of connecting the inner and the outer driving forces is the beginning of harmony as you live your song. The benefits of this process are again like the symphony orchestra, you move from practice to performance, it sounds and feels better.