

A faded background image of two women. The woman on the left has short blonde hair with bangs and is looking directly at the camera. The woman on the right has long blonde hair and is looking slightly to the right with a smile. They are both wearing sweatshirts with geometric patterns.

# Self Mastery

part 2 - vision

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R V K R I T U A L

# Part 2 – vision

- meditations
- vision
- goals
- manifest
- wealth



# NEW DIRECTION

After studying yourself in the now it is time to look to the future. Where are you going, what is your dream vision of your life? In this part of the class we are going to craft your your vision, goals and go through some of the energetics of manifestation & wealth. Have fun with it, be positive, tap into your desires and enjoy the ride! This work will give us a strong WHY to go into the next part PURIFY.

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# Practice of the week

8 part breath- 3 min

Thriving meditation - 8 min

UPLEVEL: Lakshmin mantra - 3 min

# 8 part breath- 3 min

This pranayama brings your focus back to the breath. It is said that practicing it every evening for 11 minutes can restore the prana you have consumed throughout the day and move you from stress to rejuvenation. Start with 3 minutes and increase daily like you need.

## The Practice

Posture: Sit in any comfortable meditative posture with a straight spine, chin in, chest lifted.

Eyes: Close your eyes.

Breath: Concentrate on your breath;

Inhale through the nose in eight equal strokes.

Exhale through the nose in one deep and powerful stroke.

# THRIVE MEDITATION – 8 min

***This meditation is a visualization meant to expand your vision of yourself thriving, reaching your vision and dream life, and feelings. When done daily this will start expanding and reprogramming your subconscious.***

## **COME INTO THE NOW**

*Begin to notice your breath – natural, easy, and steady. With each inhale, feel your body relax, and with each exhale, feel any stress or worries melt away. Allow yourself to be fully present, knowing that this time is for you.*

## **FILL WITH ENERGY**

*Now, imagine a soft, warm light surrounding you. This light represents clarity and inner knowing. Feel it enveloping you, filling you with a deep sense of peace and openness. As this light grows, allow it to gently guide you forward, toward a vision of your future self.*

**VISUALIZE YOURSELF THRIVING** - see every detail

**ANCHOR IN THE EMOTION** - feel how this feels

**INTERGRATE THIS VERSION** - feel this version become your reality

***Listen to the soundfile in the backend or watch the recording of the tutorial on instagram DAILY***

# UPLEVEL: LAKSMIN MANTRA - 108 times - 3 min

*Mantra is a key component used in Yoga and it is used to alter patterns of the mind on a physical and energetic level. Mantras are the vibrational manifestation of its meaning. The sound vibrations of mantra are believed to have the ability to elevate or alter consciousness through their meaning and rhythmical repetition. By chanting/singing a mantra, we invoke the positive vibrations of the mantra and broadcast it into our energetic field. The repetition of the sound and the words of the mantra will amplify its meaning in our physical and energetic life. It will almost immediately shift the way you feel regardless if it was letting out your emotions, letting go, reaffirming your self-worth, transmuting your fears to love, etc. . Whenever you feel wayside about life or yourself, you can always tap into the power of mantras to re-ground and rewire your subconscious and strengthen your resilience in any difficulties that may come your way.*

***This mantra is one of prosperity. It can be chanted daily to encourage holding onto the goodness and wealth that we already have – as well as attracting wealth into our lives.***

**Lakshmi is the goddess of love, beauty, abundance, harmony, home, fortune, wealth, and the prosperity of the heart**

CLICK HERE TO LISTEN: And recite outloud 108 times or for 3 minutes

<https://open.spotify.com/track/0azYiGJqWotZGsWvsEz7wT?si=5ea58ebe05bf4564>



The background of the slide features a faded, grayscale image of two young women with long, wavy hair. They are both smiling and looking towards the camera. The woman on the left is slightly behind the one on the right. The overall tone is positive and uplifting.

# YOUR VISION

"A personal vision statement allows you to look forward to the future with positive expectations for yourself. It helps you stay focus and will help you make decisions for future activities." -Catherine Pulsifer,



# YOUR VISION

To begin with we want to ask you to start working on your big vision. Your vision of your life exactly how you want to see it. No timeframe just your wildest dreams from your desires. You need to make it juicy and so good that all the work towards this will be easy because you are so excited about your vision. Make your vision a paragraph where you describe your whole life, how you feel, look, what you do, where you live ect. This is just a draft that you can keep coming back to and editing. This assignment is all about your desires and DREAMS

# The 4 main areas

## Relationships

To be fulfilled our relationships need to nourish us. Do you want to deepen the ones you have? Find a partner? Find more like minded friends?

## Health

Our health is our main wealth. Where do you want to improve with your health so you can get the most out of your life.

## Money

You need to know what you want (how much) and why you want more money. What would you use it for?

## Career

Are you happy with where you are at work or do you want to elevate or pivot into another field. Get clear with what you want and what is your purpose.

# THE VISION

Take your journals and start writing your vision in present tense like it has already happened and get as much detail as you can into it! Also don't be shy to dream big! TAKE A TIMER FOR 10-15 MINUTES AND WRITE IT OUT. THEN TAKE A LOOK, EDIT AND MAKE IT EVEN BIGGER

## **VISION EXAMPLE (but put in more details, more specific more power)::**

"I am in the best shape of my life, physically, mentally and spiritually. My skin is glowing, hair healthy and I am the happiest I have ever been. Money flows to me effortlessly, I live in and own a beautiful and bright house filled with laughter, beautiful clothes, art, wellness tools & curated items. I own and run my successful business that has a positive impact on the world and everyday I love going to work. I travel regularly to beautiful places, always traveling in luxury. I have a beautiful cabin in nature where I visit regularly, sometimes alone, to fill up my tank. I have likeminded inspiring & expanding people in my life. I have a happy relationship and we have never been better"

# The vision - process

If you are having troubles knowing what you want, use this journaling exercise to help you.

This is NOT to make you, make your life into someone else's, but practice using your intuition to HEAR what sounds true to YOU that you see in others.

JOURNAL: What do you see in others (qualities, attributes, things, opportunities ect) that you admire/ or inspire you.

PHYSICALLY: Example: Lacys hair is long, healthy and shiny

MENTALLY: Exp: Melissa is authentic and not afraid of others opinion

EMOTIONALLY: Exp: single mom Kelsey, been through loss and gotten back into grace

SOULFULLY: Exp: Desiree has these vibes and radiance, the thing you cannot put into words

MATERIALLY: Exp: Lauren lives in a beautiful white house with her family and has a home gym.

Everyone is just a mirror, so what you see and rings true to you in them is somewhere in you waiting to manifest, you just have to step into it. If we can't see, feel, step into our greatness and power, it's hard for others to see / feel it.

# DESIRE

When we are asked what we want, we usually answer in a polite and proper manner, with a statement that is accepted by society and the people around us. But to live authentically you need to tap into your true desires and break those molds and beliefs. What is it truly that you want, What does your gut tell you. What does your soul want? What does your ego want? Go over your vision with the different perspectives of your GUT, SOUL, and EGO to check if you are being polite or making yourself small.



# INNER CODE X VISION

Now is also a good time to revisit your inner code to make sure that your vision and inner code are in sync.

Compare your vision to your code and ask yourself;  
Am I honouring my inner code in my vision?  
Is everything getting the space it deserves?

Am I writing something in my vision that I think I should want?

Use your intuition to answer and be as honest as you can.

Rewrite your vision if you feel the need.

# Blocks

Most of us have insecurities and fears that make it hard to find our desires and what way we want to go. So this can make the vision process hard. Deeply-rooted subconscious beliefs about our self-worth keep us small and settling for less than what we deserve. We call these BLOCKS. To begin with you will need clarity and then you will need to tap deeper into your desires. Write down your vision as best as you can now, and then revisit it after doing each assignment and reading this chapter and see if you know more about what you want.

A faded background image of two women with long, wavy hair, smiling and looking at each other. The image is overlaid with a thin black rectangular border.

# SETTING YOUR GOALS

# GOALS

Now when you have a draft of your vision written down, start with taking inventory of your life and then make goals and action steps to make your vision clearer. We believe in the power of goals and action steps towards them, but also that the universe has a plan. The important thing is that we are making it clear what we want so the universe/flow can support us but sometimes it has a bigger and better plan so flexibility is important!

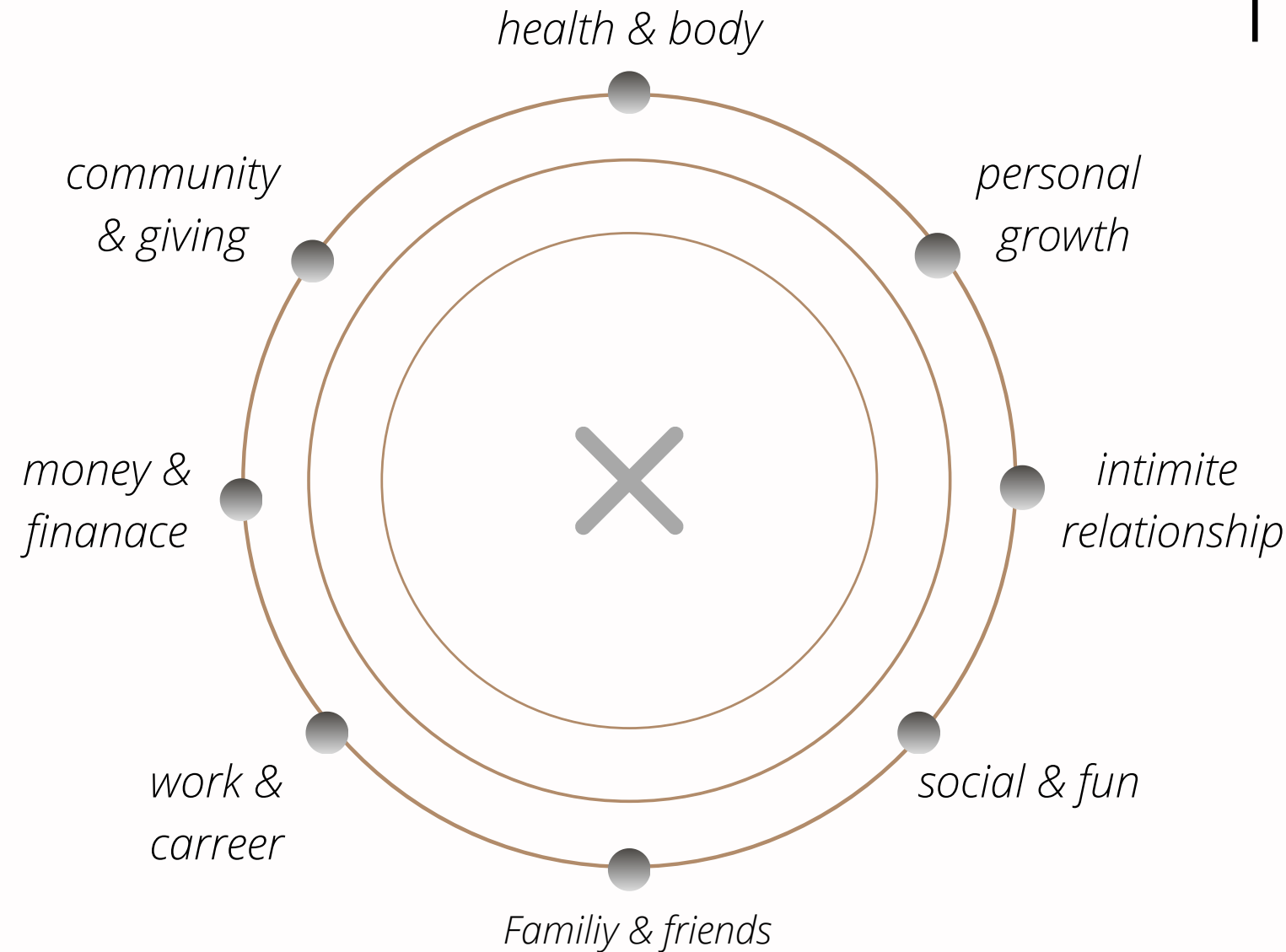
# FLEXIBLE GOALS

Goals, like any tool, can be used to shame and guilt ourselves, or can be used with intention, as a way to consciously deepen our practice in life.

If you think of goals as an intention that you're setting, a way to guide your direction in the current moment, not a fixed path, you will go more with the flow. Don't think of the port (the goal) as a fixed outcome that you need to hold onto tightly, but rather just a way to guide yourself right now. When you do notice yourself attached to the fantasy of your goal, practice loosening your grip on it, and focus instead on the present moment. What action can you take right now that's aligned with your intention? Regularly check in with yourself, "What's the most loving act I can take right now? What action right now would be aligned with my intention? What can I appreciate about this moment?" Allow yourself to be flexible — if you're not tightly attached to the goal, you can shift as you learn more, as you sail on your journey and understand the journey more, as you find new opportunities that might be more aligned with your deeper purpose. If/when you do arrive at your destination, stop and be present with it, appreciating your journey, appreciating where you are, without immediately turning to the next thing. This is a more flexible way of working with goals, and a more present-focused way of living more intentional. The goal doesn't become the most important thing — though it is very helpful — the present moment and your actions and appreciation in the moment become the most important things



# THE CIRCLE OF LIFE



Now it is time to bring eight areas of your life into focus using the Life Circle. Start by contemplating where you are now in each area and give each area a score from 1-10 and put in a dot - 10 being the grey dot and zero being the X in the middle (draw the circle in your journal or print this out) Then draw a line between the dots. This is a snapshot of your current life balance, take a look the areas that have room for an upgrade or where you are doing well. The next step is to put down goals in each area to move the number up and balance. Do this exercise every 90 days to track your balance.

# THE CIRCLE OF LIFE

NOW following the layout in the next pages write down a specific and achievable goal that brings you closer to your vision and improves your life circle score. 1-2 achievable goals in each category. Big or small, all goals matter! The little goals go a long way, they give you energy to take more steps towards your vision, so make these goals doable! Also answer the why, how and when!

# HEALTH AND BODY

GOAL

*How can you be healthier? what goal could you put down for your health? How do you want your body to be able to be/heal?*

WHY DO YOU WANT IT?

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WHAT ACTION STEPS DO YOU NEED TO TAKE?

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WHEN WILL YOU ACHIVE IT BY?

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# PERSONAL GROWTH

GOAL

*What goal do you want to achieve personally? More patience? less codependency? Be more in the now? How can you increase your spiritual, emotional and personal growth?*

WHY DO YOU WANT  
IT?

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WHAT ACTION  
STEPS DO YOU NEED  
TO TAKE?

---

---

WHEN WILL YOU  
ACHIVE IT BY?

---

# INTIMATE RELATIONSHIP

GOAL

*How CAN YOU improve your relationship to your closest one/s*

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WHY DO YOU WANT  
IT?

---

---

WHAT ACTION  
STEPS DO YOU NEED  
TO TAKE?

---

---

WHEN WILL YOU  
ACHIEVE IT BY?

---



# SOCIAL & FUN

GOAL

*What CAN YOU do to have more fun? hobbies, pure fun, social gatherings*

WHY DO YOU WANT IT?

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WHAT ACTION STEPS DO YOU NEED TO TAKE?

---

---

WHEN WILL YOU ACHIVE THE GOAL?

---

# FAMILY & FRIENDS

## GOAL

*What can YOU DO to be more connected and have better  
and more nourishing relationships? Regular family brunch?  
Call more often?*

WHY DO YOU WANT  
IT?

WHAT ACTION  
STEPS DO YOU NEED  
TO TAKE?

WHEN WILL YOU  
ACHIVE THE GOAL?

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# WORK & CAREER

*what DO YOU want to achieve next in your  
career?*

GOAL

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WHY DO YOU WANT  
IT?

---

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WHAT ACTION  
STEPS DO YOU NEED  
TO TAKE?

---

---

WHEN WILL YOU  
ACHIVE THE GOAL?

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# MONEY & FINANCES

GOAL

*Do you want to have savings? Money for an apartment or travel?  
Have better control over the money you earn? Earn more? Write  
down your goal*

WHY DO YOU WANT  
IT?

WHAT ACTION  
STEPS DO YOU NEED  
TO TAKE?

WHEN WILL YOU  
ACHIVE THE GOAL?

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# COMMUNITY & GIVING

## GOAL

*Karma yoga is the highest form of yoga. Doing good. How and where do you want to contribute? From visiting your grandmother to an important cause, where will you give back?*

WHY DO YOU WANT  
IT?

WHAT ACTION  
STEPS DO YOU NEED  
TO TAKE?

WHEN WILL YOU  
ACHIVE THE GOAL?

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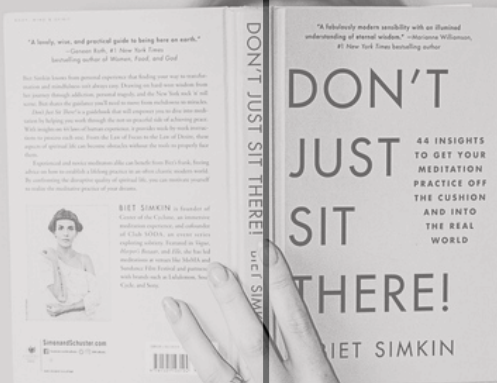
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# ACTION STEPS

Now you have gone through each of these 8 areas, its time to collect the action steps together and add them to a list, in the ritual week we will work into integrating them. Some of the steps are a one time thing and others are daily steps you want to take to build up to your goal, and the goal brings you closer to your vision. Keep your action steps somewhere you can see them and possibly find a accountability partner to share them with .



A close-up photograph of a hand holding a bundle of dried sage. The hand has yellow nail polish and a gold ring. The sage is tied with white string. The image is overlaid with a semi-transparent white rectangle containing the word "MANIFESTING" in a black serif font.

# MANIFESTING

# WHAT IS MANIFESTING?

As we have now written down our vision and set down goals and action steps we want to dip our toes into manifesting. It is a big, big subject but we will give you an intro in this chapter, so let it sink in. Manifesting is by our definition; calling in what you want without force. Manifesting can be a word that you connect to all kinds of woo-woo self help. We are not really into "The secret" way of manifesting where you have to constantly think positively, but we believe that the universe supports us when we know where we are going, remove subconscious blocks and doubts, pass tests and see to believe. We believe in training our mind, working on our subconscious and increasing our radiance to call in what we want and we have worked with powerful teachers in this arena. So, it's actual grounded self work that gives us the most benefits. This is why we think our personal self practice is SO important and will create one in the ritual week, as it works on your mind and radiance. Manifesting is about calling in specific things connected to your vision and goals by following your intuition and doing self work.

# SHORT TERM MANIFESTING

The best way to start manifesting is to start small, as you want to start training your subconscious that it is possible to call in things without force and in the flow. The manifestations will possibly show up in different ways; finding your dream dining room chairs second hand or getting the exact amount for those shoes you wanted into your account. So we are going to start by asking you to think about the next 6 months in your life. What specifically do you want to call in. This connects to your vision and your goals. Here is an example; in your vision you have a house and one of your goals is saving up for a downpayment. Manifesting is about calling in the perfect house for you; so put it on your list and describe it in detail. This short term list is perfect for writing down things and experiences you want to call in that you actually believe deep down you deserve and are attainable right now.

# USING ENVY AS A TOOL

Envy. It's an emotion that many of us deal with throughout our life. Not to be mistuned with jealousy, for the two are not the same. Jealousy is fear of losing something that you have. Envy is wanting something that someone else has. Now, here is the beautiful manifestation aspect of envy and why you attract envious situations into your life. In one way or another, you've called them in to be one of your Expanders. And this feeling of ENVY is telling you what you desire. Whenever you've stumbled upon something on Instagram, in your social circle, TV, press, blogs etc and you find yourself feeling that crappy feeling of envy and judgement, it's because you are witnessing an Expander or something you are capable of and that you want in some form. When you are envious of someone, it's actually your shadow projecting onto them elements of what you desire - recognizing through the envious subject or situation - that you are capable of the same. Expanders are in your life to expand the limiting beliefs that you have rooted in your subconscious creating space for an intention of yours to come through. In short, they are expanding your beliefs.

So, the next time that you are activated by envy, harness this energy and direct it in motion rather than wasting it on useless victimization, pity, and stress. Focus its power into action. Next time you feel envy, get quiet and get out your journal and free form answer these questions; \*What is it about this thing or situation that is making me feel so bad? Of course, the first surface answer you're going to come up with is that you aren't doing or getting the same. Keep going. Get to what is beneath it. First, it's important to get down to your soul's expression. \*When you have that answer, start mapping out the baby steps you need to take to obtain the same feeling. For example; More freedom. What does "freedom" mean to you? Where are you lacking freedom in your life? How can you make those aspects of your life freer? What are the ten steps you need to take in order to create more freedom? Map out how you can achieve each in the next sixth months. This person or situation has come up to expand the limited belief in your subconscious as to what is possible for you. Now go collect as many Expanders as you need until there isn't a doubt in your mind that you can go on the same trip, buy your unique version of the same house, or get your unique version of the same press. If you are seeing it, and you believe that you are worthy of the same, your version will come too.





# MAKING A LIST

It's time to write the list. This is how you call your subjects in. There are three important components that play into the list.

GET SPECIFIC • For each subject you're calling in, bullet point details you really want, but leave the rest to surprise.

NO EGO • We don't mean to manifest as if you're a monk, but not let the ego run the show. Here's a superficial example. If you are manifesting a trip to Bali because it's super on trend and you want your ex to see how well you're doing without him/her and how cool your life is now, that's ego. However, if you're manifesting a trip to Bali because you feel genuinely called there and you want to see it and experience it, that's following the flow.

PAPER & PEN • The first processor of our brain is our retina and we expand through mirror neurons, so it's imperative to write your list out the old fashioned way (not type), pen to paper.

# EXAMPLE LIST - 6 MONTHS

- Vintage dining room chairs 6 pieces.
- A job in wellness that nourishes my soul, will let me travel and use my talents
- Kelci Potter golden ring
- Mario Bellini sofa, white, brown or toupe
- A bright house in a great location with a closed yard

## Other examples

- A new friend that is radiant, has similar interests and is only supportive
- A partner; tall, dark hair, funny, kind, loves jazz and travel
- To raise my income by 50%

# SEEING IS BELIVING

As we said in the Envy chapter you must go out into the world and find your "Expanders" as our teacher calls them – also known as a “Seeing is Believing.” That means going out into the world and finding a person similar to you who has what you desire. Because people with low self-worth are quite smart and savvy and tend to find ways to talk themselves down (“oh well, she’s beautiful so no wonder. Or she’s wealthy, or thin or smarter or...”), it’s important that you find someone with a similar feel to you, look, socioeconomic status, etc. to really make your brain believe you can also get this. You’ll know you’ve found your perfect "Expander", as our teacher calls it, because you’ll have the “ah-ha” moment: “Oh if they have that, I can have this too.” When you hear those thoughts, you’ll know you’ve just expanded. Now your belief system has shifted. Your subconscious has seen that it exists, so now it can 100% happen for you. Sometimes people need two versions or three different types of expanders until they believe it.

We have countless examples of these stories ranging from partners to mentors, finances, clothes, and opportunities. The manifestation process isn't thought-based. It is 100% belief-based. If you want the subject you're manifesting to show up, you must create space for it by expanding the subconscious-belief that you deserve and can have it. You can find Expanders on social media, in films, stories, hearing about other people's experiences etc. The most potent are from personal relationships. You'll know you've expanded when you have the "ah ha" moment.

SO BASED ON YOUR VISION, YOUR GOALS AND MANIFESTATION LIST - GO FIND YOUR EXPANDORS!



# INTUITION

Manifesting connects to your intuition. Following your intuition takes practice. With daily meditation practice you get better at listening to your intuition and when it is telling you to take some action. Sometimes it might sound weird and you ignore it. but believe us when we say it is the shortest way to your manifestations. Your intuition is so intelligent, but as busy humans we have learnt to ignore it and rely on outside advice, google, maps, and to do lists. If your life is full there is no room for your intuition. It needs space to guide you, it needs quiet so you can hear it.

You can call it "downloads" or "flashes" it is the thought that appears in your mind out of nowhere that doesn't really sound like you. Either you think, hmm that was a weird thought. Or hmm interesting idea.

"you should go to this place now" "take a cooking class" "contact this person" "call her right now"

"Flashes" are whispers from the Universe. They are intuitive messages, gut feelings or informational downloads that seem to come out of nowhere. All of a sudden, you feel like you should do something. But the power comes when you choose to act on them. Because, it's one thing to receive a download and then another to actually live them out and see what's on the other side. This is called trusting The Universe. As much as you can, follow your intuition!

# TESTS

When you are manifesting, the universe will test you. Test you to see if you will still settle for low self worth outcomes. Tests, when relating to manifestation, are our vessel to communicate how we value ourselves. Whether we respond in high self-worth or low self-worth is what determines how quickly we will progress in our practice. You “pass” tests by responding to them in a state of high self-worth and NOT settling for anything less. Watch out for tests where you can show yourself and the universe that you are ready to level up.

## **EXAMPLES OF TESTS**

\*when you are dating a person and you see similar characteristics you swore you would never settle for again.

\*when you are offered a well paid gig that takes you off your path back to your comfort zone

\*When you find the almost right apartment but its missing things that were important to you

HOW DO YOU REACT?

DO YOU SAY NO THANKS TO THAT ALMOST PERFECT THING? OR DO YOU SETTLE AND GET THE TEST OVER AND OVER AGAIN.

# 5 ways to manifest

- i. Stay on your path • Be confident in your authenticity, mission and goal in able to manifest. Living truly by your inner code gets you faster to your goals.
- ii. Pass Tests • Become a pro at spotting tests and red flags, Seize the opportunity to build self worth and prove your worth to the Universe.
- iii. If it's not a hell yes, it's a no • Do not settle!.
- iv. Let Go of what isn't Serving you • from flower vases to lovers!
- v. Integrate Shadow • .own your shadow completely

A close-up photograph of a person's hands holding a large, rough, purple amethyst crystal. The crystal has many sharp, faceted points and a translucent, crystalline texture. The person's fingernails are painted a light yellow. The background is a soft, out-of-focus light color. A thin black line forms a rectangular frame around the central part of the image, with the word 'WEALTH' centered within it.

WEALTH



Wealth is not just a number in your bank account  
— it's an energy, a relationship, and a state of being.

As women, many of us are rewriting generational stories about money, worth, and power.

**To truly embody wealth,  
we must start from within.**

# WEALTH

**We want more women to experience abundance and have wealth, as this increases your radiance. Here are a few steps to work on the wealth energetics in your life;**

**1. Define what wealth means to you.** We are all different and we are not men. We can define wealth on our terms and this is necessary for us to experience it. Define it in 1 paragraph

## **2. Wealth Begins with Worth**

Energetically, money is drawn to a strong sense of self-worth. If you feel “not enough” — not smart enough, not disciplined enough, not deserving enough — you’ll subconsciously push wealth away or sabotage it when it arrives. The shift begins when you stop asking, “Can I charge this?” and start asking, “What is the value I bring, and how do I stand behind it?”

**Affirmation:** I am worthy of earning, holding, and growing wealth with ease and grace.

## **3. Feminine Energy and Receiving**

Masculine energy is about pursuit and structure, but wealth loves to flow toward the magnetic pull of the feminine: receiving, allowing, trusting. Many women have been taught to overfunction — to hustle, prove, or earn love. But wealth responds to inner alignment, not burnout.

**Practice receiving:** compliments, support, inspiration, unexpected blessings and rest.

The more receptive you become, the more you naturally attract.

# WEALTH

## 4. Money Mirrors Your Beliefs

Your current financial reality reflects your deeper beliefs. Do you see money as safe, sacred, and supportive — or as scarce, stressful, or sinful? These beliefs were often inherited. The good news is: beliefs can be reprogrammed. Journaling, affirmations, or working with somatic tools can help shift the narrative.

**Prompt:** What did you learn about money growing up? Which of those beliefs are you ready to retire?

## 5. Stewardship over Scarcity

Wealth is not about hoarding — it's about stewardship. When you treat money like a trusted partner instead of a fleeting visitor, it stays longer. **Know your numbers. Bless your bills. Spend with intention.** Save and invest like someone who trusts life.

**Principle:** Every euro, krona, or dollar you touch is a vote for the world you want to live in.

## 6. Vision is Magnetic

When your vision is clear and connected to purpose, wealth has somewhere to land. Set big goals, not just for what you want to buy, but for how you want to live, lead, and give. The universe supports aligned clarity.



# WEALTH = FREEDOM

*I'VE LEARNED THAT MAKING MONEY IS NOT THE SAME THING AS CREATING WEALTH. WEALTH IS FREEDOM, IMPACT, AND THE ABILITY TO LIVE LIFE ON YOUR OWN TERMS."*

— SUZE ORMAN





# THE POWER OF THE VISION

We believe that those who dare to dream big and couple their visions with action are essential to the evolution of the world. We know this to be true because in every self mastery class we get to witness extraordinary transformations unfold as women create their visions, hold one another accountable and lift each other to their highest. Let yourself dream big, work on your subconcios and start expanding. Now after the vision part we go into purifying and letting go of the things that do not serve us and our vision.