

## The ACE Sessions

1. Abundance	162. Intimacy
2. Acceptance	163. Intuition
3. Accessibility	164. Inviolability (of spirit)
4. Accuracy (able to look closely, love of truth, etc.)	165. Involvement
5. Achievement	166. Joy
6. Acknowledgement	167. Jubilation
7. Action (versus inaction or reaction)	168. Justice
8. Adaptability/Flexibility	169. Kindness
9. Adoration	170. Knowing
10. Adventurous	171. Laughter
11. Affection	172. Letting go (completing grieving process, bringing things to completion)
12. Agreeable	173. Liberating/Liberated
13. Alchemy (meaning able to produce/welcome alchemical processes)	174. Life direction
14. Alignment (to a Higher will)	175. Light-hearted
15. Aliveness (conscious energizing)	176. Light filled
16. Allowing	177. Love (unconditional)
17. Appreciation	178. Mother's Love
18. Aspiration (positive ambition)	179. Father's Love
19. Assertiveness	180. Love of a Child
20. Assurance	181. Sibling Love
21. Attainment	182. Partner Love
22. Authenticity	183. Loyalty
23. Autonomous	184. Magnetism
24. Balance	185. Masculine
25. Beauty	186. Mastery/Masterful
26. Belonging	187. Maturity
27. Benevolence	188. Meekness
28. Blessed/Blessing others	189. Mercifulness
29. Body connection	190. Moderation
30. Body sense (comfortable in body)	191. Modesty
31. Boldness	192. Morality
32. Boundaries (positive boundaries)	193. Motivated/Proactive/Participant
33. Brotherhood/sisterhood	194. Mystery (allowing for)
34. Calmness	195. Neutrality
35. Capable	196. Noble
36. Caring	197. Nourishing (taking in and giving nourishment)
37. Carpe Diem (in the moment)	198. Nurturing
38. Celebration (of self & life)	199. Obedience
39. Centered	200. Oneness
40. Charity	201. Open-hearted
	202. Open-minded
	203. Optimism/Positivity

41. Cheerfulness	204. Orderliness
42. Cherishment (being cherished and cherishing others)	205. Organization
43. Champion (being a)	206. Partnership
44. Change (embracing change)	207. Passion
45. Clarity	208. Patience
46. Cleansing	209. Peacefulness
47. Cleverness	210. Peacemaking
48. Commanding	211. Perfection
49. Commitment	212. Perseverance
50. Communication	213. Pleasure
51. Communion (of souls)	214. Positive Destruction
52. Compassion	215. Positivity
53. Competence	216. Presence (to have presence)
54. Completion (able to complete and derive fulfilment)	217. Pride (positive spiritual pride that does not indulge unconsciousness)
55. Conscious Awareness (seeing deeper truth and intentions)	218. Privileged
56. Confidence	219. Productivity
57. Connectedness	220. Progressive (forward thinking or forward moving)
58. Conscious (awake/aware)	221. Prosperous
59. Considerate	222. Protection
60. Constancy/Unshakability	223. Power
61. Contentment	224. Purity/Purification
62. Conviction	225. Purposeful
63. Cooperation	226. Quietness
64. Courage	227. Real (able to know Reality)
65. Courtesy	228. Reassurance
66. Creativity	229. Receiving
67. Creation	230. Receptive
68. Curiosity	231. Reciprocity (with others, nature, etc)
69. Decisiveness	232. Reconciliation
70. Dedication	233. Rejuvenation
71. Depth	234. Relaxation
72. Deserving	235. Reliability
73. Desire	236. Remembrance
74. Detachment	237. Remorse
75. Determination	238. Repentance
76. Devotion	239. Resolute
77. Dignity	240. Resolution
78. Discerning	241. Resourcefulness
79. Discipline	242. Respectful
80. Divinity	243. Responsibility
81. Dynamic (being a dynamic presence)	244. Responsiveness
82. Ease	245. Reverence
	246. Right Action

83. Ecstasy	247. Right Concentration
84. Economy (of action, or resources— opp of wasteful)	248. Right Effort
85. Elation	249. Right Intention
86. Emancipation	250. Right Livelihood
87. Embracing Life	251. Right Mindfulness
88. Emotional Intelligence	252. Right Speech
89. Empathy	253. Right View
90. Empowerment	254. Divine Rights: to exist, to be
91. Encouraging	255. Right to have needs met
92. Endurance	256. Right to feel own feelings
93. Enjoyment	257. Right to individuate, be autonomous
94. Enlightened	258. Right to be own authority
95. Enthusiasm	259. Right to love (know self as love)
96. Equality	260. Right to express and be heard
97. Equanimity	261. Right to hear the truth
98. Eternal (living with the sense of timelessness...creating the enduring)	262. Right to see, have vision
99. Ethical	263. Right to know and learn
100. Excellence	264. healthy Risk-Taking
101. Excitement	265. Sacredness
102. Expansion	266. Safety/Safe haven
103. Expectancy	267. Satisfaction
104. Exuberance	268. Sacrifice
105. Fairness	269. Security
106. Faith	270. Self-actualization
107. Fidelity	271. Self-appreciation
108. Feminine	272. Self-assurance
109. Fertile (mind, fertile in creation)	273. Self-awareness
110. Flexibility	274. Self-knowledge, Self reflective consciousness
111. Flow (in the)	275. Self-love
112. Focus	276. Self-reliance
113. Forgiveness (forgiving and being forgiven)	277. Self-respect
114. Friendliness	278. Selflessness
115. Freedom	279. Sensitivity
116. Free Will	280. Sensuality (enlivened senses)
117. Fulfilment	281. Serenity
118. Generosity	282. Service
119. Geniality	283. Sharing
120. Genius (showing character or spirit)	284. Simplicity
121. Gentleness	285. Skilfulness
122. Giving	286. Spirit-filled
123. Goodness	287. Spirituality
	288. Spiritual Connection to God
	289. Spiritual Journey

124.	Goodwill	290.	Spontaneity
125.	Grace	291.	Sovereignty
126.	Gracious	292.	Stability
127.	Gratefulness	293.	Stamina
128.	Growth	294.	Stimulating/Stimulated
129.	Grounded	295.	Strength
130.	Guidance (open to)	296.	Substantial/Having Substance
131.	Happiness	297.	Success
132.	Harmlessness	298.	Support (Supportive or Supported)
133.	Harmony	299.	Sureness
134.	Healthy	300.	Surrender (to Higher Will)
135.	Heart-thinking (h-centered)	301.	Synchronicity (open to divine timing)
136.	Helpful	302.	Synergistic (open to and facilitating synergy)
137.	divine Heritage (heir to Kingdom)	303.	Temperance
138.	Heroism	304.	Tenacity
139.	Holiness	305.	Tenderness
140.	Honesty	306.	Thoughtful
141.	Honorable	307.	Thriving (versus surviving)
142.	Honoring	308.	Tolerance
143.	Hope	309.	Transcendence
144.	Humanitarian Feelings	310.	Transformation
145.	Humility	311.	Transition
146.	Humor	312.	Transparency (meaning honest, open, integrity)
147.	I AM	313.	True (being true to oneself)
148.	Illumination	314.	Trust
149.	Imagination	315.	Truthful/Love of Truth
150.	Independence	316.	Unbounded
151.	Individuality	317.	Unconditionality (no hidden agendas)
152.	Industrious	318.	Understanding
153.	Infinite	319.	Uniting (ability to act as a uniting force)
154.	Initiative	320.	embracing Unknown
155.	Innocence (and innocent perception)	321.	Uplifting
156.	Insight	322.	Value (self-valuing, able to value others)
157.	Inspiration (inspired)	323.	Virtuous
158.	Inspiring	324.	Visionary
159.	Integrity	325.	Vitality
160.	Intelligence	326.	Warmth
161.	Interest	327.	Wealthy
		328.	Welcoming

	329. Wholeness
	330. Willingness
	331. Will Power
	332. Wisdom
	333. Worthiness