



This is the document to read out during a RAFT to Recovery meeting. The full document is available for download in the table available via this [link](#).

A section from this week's practice.

Overview of the Four Superpowers

Accessing our inner potential

Four skills for a purposeful life

‘Just as the river Ganges slants, slopes, and inclines towards the east, so too a person who develops and cultivates the four spiritual powers slants, slopes, and inclines towards freedom.’ ~ Gotama (The Buddha)

‘Success is the sum of small efforts, repeated day in and day out.’ ~ Robert Collier

Having explored the terrain of recognising life's inherent challenges, grounded ourselves in ethical commitments (the Five Gifts), and explored mindfulness of body and self-compassion, we now recognise a potent source of inner power essential for our journey: the Four Bases of Power which we are calling our ‘Four Superpowers’. These Four Superpowers – *Noble Desire*, *Courageous Energy*, *The Heart’s Compass*, and *Fearless Investigation* – provide the energy, focus, motivation, and wisdom necessary to transform our struggles and successfully navigate towards freedom.

In our RAFT metaphor, these superpowers represent the power driving us forward:

★ **Noble Desire** is the spark igniting our motivation to fulfil our aspirations.

★ **Courageous Energy** is the persistent energy propelling our raft.

★ **Heart's Compass** acts as our caring navigational gyroscope, keeping us focused and balanced, maintaining our direction.

★ **Fearless Investigation** serves as our intelligent diagnostic system, adapting and guiding our progress.

Like an alchemist transforming base metals into gold, these creative attitudes empower us to turn life's challenges into opportunities for growth. They invite us to engage with our journey in a playful, balanced, and caring way, transforming every moment into an opportunity for healing and awakening.

Self-reflections

As we cultivate these Four Superpowers, we often find our relationship with the journey shifts from struggle to an inspiring exploration. Let us explore this transformation together through these reflections:

- ★ What inspires you deeply and evokes wholesome desire in your journey?
- ★ Where do you most easily apply energy, and where do you encounter obstacles?
- ★ Describe your typical state of focus or mindful presence.
- ★ How regularly do you reflect and adapt based on experience?
- ★ Which of the Four Superpowers, (*Noble Desire, Courageous Energy, The Heart's Compass or Fearless Investigation*) would be most helpful for you at this moment.
- ★ What truly motivates your journey towards freedom and well-being?
- ★ What small, courageous action can you commit to today to support your path of healing?
- ★ How can you maintain presence and compassionate awareness, especially when facing triggers or challenges?
- ★ What insights have you gained from reflecting on your experiences, setbacks, and successes?

Remember to remember

The ‘Four Superpowers’ – *Noble Desire, Courageous Energy, The Heart’s Compass, and Fearless Investigation* – represent profound capacities within each of us. Recognising and cultivating these potentials actively transforms our journey from passive hope into an empowered and creative process. These inner powers equip us not only to overcome our struggles but to build lives rich in meaning, joy, and freedom. Embrace them, nurture them, and allow them to guide your courageous journey from suffering to lasting liberation.

“... these four bases for spiritual power, when developed and cultivated, lead to going beyond from the near shore to the far shore.” ~ Gotama

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.” ~ Dan Millman.

Through cultivating and integrating these powerful qualities, we nurture a life of creativity, resilience, and profound well-being, confidently steering our raft towards the safe shore.

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