Embark on the Journey

FAMILY NAVIGATIONAL GUIDEBOOK
### Table of Contents

- The Journey of Transformation ................................................................. 3
- Journey Summary .................................................................................. 4
- Embark on the Journey Overview ......................................................... 6
- Prepare for the Journey ......................................................................... 7

- **Respa** .................................................................................................. 8
  - Stories .................................................................................................. 9
  - Movies ................................................................................................. 13
  - Lesson Ideas ....................................................................................... 15

- **Inrock** .................................................................................................. 18
  - Stories .................................................................................................. 20
  - Movies ................................................................................................. 25
  - Lesson Ideas ....................................................................................... 27

- Appendix .................................................................................................. 30
The Journey of Transformation

I have discovered that we all have a divine mission and purpose, and that nothing ever happens by chance or coincidence. Every circumstance contains some silver lining for our ultimate good toward the fulfillment of our mission and purpose. We are actually built to fulfill this purpose. Very few of us, however, discover the vast potential we possess, and thus seldom realize the very reasons for our existence.

Throughout generations we have become alarming unaware of who we really are and what we are truly capable of. Yet our true potential lies dormant within the subterranean realms of our lives, yearning to be released to serve us. Were we to use this potential, the world would inevitably become a better place to live.

While I am deeply concerned about this existing condition, I am excited and optimistic about our future. There is no doubt in my mind and heart that we are living in the dawn of a divine awakening where knowledge is pouring in upon us at a rate unprecedented in the history of mankind. For the humble seeker of truth, who remains open and willing to further advance his quest of self-mastery, hidden mysteries will be unveiled, revealing more about who we really are and what we are truly capable of.

With this divinely enlightened understanding comes a compelling and selfless desire to reach out in the support of others by inspiring courage, confidence and hope for their own Journey of Transformation. In so doing, we utilize more of our divine potential toward the betterment of mankind.

Roger M. Anthony

Your transformational journey will begin by reading The Tale of Hope. This is the story of Raja's escape from the oppressive Land of Yalwuna. His destination is the Land of Cowra, where everyone is free to be who they really are. In order to reach the land of Cowra, Raja must first pass through seven transformational islands. As you will discover, each island builds upon the one previous to it. In order for anyone to successfully progress to the next island, he or she must develop the characteristics of the current path. Below you will find a brief overview of the islands and how they build upon one another.

Embark on the Journey to the Land of Cowra
Journey Summary

Island 1: Island of Humility  
*I Desire Through Humility*

The first step to lasting transformation is humility.

- I remain open to discover Who I Really Am, what I am truly capable of, where I am meant to be, and how I am to get there.
- I free myself from the hoodwinking I have allowed through all kinds of false notions and negative conditioning.
- I will make allowances for individual differences of all, including myself.
- I listen sincerely to the opinions and ideas of others, and graciously accept feedback.
- I admit when wrong, and make whatever changes are necessary in bettering my life.
- I align myself with the principles of integrity and remain open to all possibilities. I begin the journey to the Land of Cowra by doing whatever it takes to remove the blinders of pride, enabling me to de-hoodwink myself.

*Opens the Door to Abundant Opportunities*

Island 2: Island of Awareness  
*I See Through Awareness*

Because I am open and humble, I will begin to see things that I could not see before.

- I realize there is no limit to human endeavor when I know Who I Really Am, free from the crust of negative conditioning.
- I understand the power of the mind and how to lay the foundation for a life guided by well-thought-out and inspired goals in both my professional and personal life.
- I am prepared to accept opportunity over security.
- I identify areas where change needs to be made in order for me to become Who I Really Am.
- I clarify family, professional, and personal desired outcome targets, and calmly evaluate alternatives prior to action.

*Builds the Foundation for Informed Choices*

Island 3: Island of Commitment  
*I Plan Through Commitment*

With my new knowledge and awareness, I commit to take action towards accomplishing my mission and purpose.

- I identify and document the areas within my life that are most important to me, underpinned by the values by which I choose to live my life.
- I am accountable, accept ownership, stretch my comfort zones, risk ridicule, and break through the barriers of fear.
- I design well-thought-out plans of action.
- I ensure that all that I do is in alignment with the values that govern my life and with the things that are most important to me.

*Deepens the Desire to Achieve and Increases Motivation*

Island 4: Island of Courage  
*I Apply Through Courage*

Courage is required to keep the commitments I make and to continually progress in becoming Who I Really Am.

- I apply courage to act on all I have committed to do with persistence, tenacity, flexibility, and laser-like focus on each strategic step.
- I effectively delegate and motivate as necessary.
- I overcome procrastination by realizing that when I waste time, I am wasting part of my life; for time is life and life is time.
- I do what I fear or dislike most first.
- I choose my words with care, for they affect my thoughts, actions, and results.

*Raises SAPA (Self Awareness & Positive Attitude), Increases Motivation, and Eliminates Procrastination*
Island 5: Island of Self-Discipline
I Persist Through Self-Discipline

Self-discipline is the enabling power to fully implement the commitments entered into. It is the power to push through all challenges and maintain courage.

- I never give up. I remain composed and in control.
- I choose the right, regardless of the circumstances.
- I maintain focus, despite distractions and deterrents.
- I remain fiercely loyal to my values and to all those with whom I have made commitments, including myself.

Ensures That Desired or Greater Outcomes Will Inevitably Be Achieved

Island 6: Island of Resilience
I Adapt Through Resilience

As I remain open, increase in knowledge, courageously keeping my commitments and implementing the directions given, I will be given stewardships. These stewardships are maintained and thrive through resilience in the journey.

- I regularly spend personal quiet time to ponder, receive, and plan.
- I maintain a sense of humor.
- I remain flexible and composed under all conditions.
- I learn from the past and move forward with greater enthusiasm, resilience, clarity, and focus.
- I overcome opposition and inspire all by my example.

Breakthroughs Occur Toward Desired or Greater Serendipitous Outcomes

Island 7: Island of Abundance
I Share Through Abundance

As I maintain all of the steps on this journey, I accomplish the endeavors given to me and begin to fully engage in my unique mission and purpose. I achieve the highest levels of peace, happiness, and joy by sharing through the abundance of gifts, talents, and resources I possess.

- I reach to serve and give back in the power of Hope & Faith.
- I live by the law of the harvest in the spirit of gratitude, encouragement, and support.
- I see the earth as a realm of beauty, teaming with abundance and unlimited possibilities, gifted to me with a responsibility to do all I can to ensure it remains protected and in harmony with its God-given design.

Opens Up Unlimited Realms of Possibilities and Opportunities

The Land of Cowra
I Become Who I Really Am

This is a state when I consistently apply the principles learned from all the islands which will help me be anchored in truth and become complete and whole.

- I am living my divine Mission and Purpose, and therefore I am Who I Really Am.
- I therefore live in Peace, Happiness, and Joy.
- I continually seek to help others do the same and become their unique “I Am.”
- I realize that my life is a gift over which I am simply a steward.
- I live my life in the spirit of gratitude and my sole focus is to help make this world a better place in which to live.
- I do my best to inspire people to help themselves so they can inspire others to do the same.

Hope and Integrity Are Attained, Enabling One to Remain Open and Humble on a Perpetual Cycle Toward Higher Levels of Integrity, Self-Mastery, and Enlightenment
## Embark on the Journey Overview

<table>
<thead>
<tr>
<th>Preparing for the Journey</th>
<th>Respa (RES-puh)</th>
<th>Inrock (IN-rahk)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Embarking from Yalwuna (yal-WOO-nuh) to Cowra (Cowra: COW-rah)</td>
<td>Relax, Evaluate, Strategize, Be Patient, and Act</td>
<td>Integrity is the Rock, a Sure Foundation</td>
</tr>
<tr>
<td><strong>Read:</strong> Yalwuna section in <em>The Tale of Hope: Embark on the Journey</em></td>
<td><strong>Read:</strong> Respa section in <em>The Tale of Hope: Embark on the Journey</em></td>
<td><strong>Read:</strong> Inrock section in <em>The Tale of Hope: Embark on the Journey</em></td>
</tr>
<tr>
<td><strong>Songs:</strong> Who I Really Am Cowra Lullaby</td>
<td><strong>Songs:</strong> Respa the Crocodile The Crocodile's Mission</td>
<td><strong>Song:</strong> Inrock the Eagle</td>
</tr>
</tbody>
</table>
Prepare for the Journey

PREPARE FOR THE JOURNEY: You are invited to take a transformational journey with Raja, whom you will meet in The Tale of Hope. On your journey, you will progress through seven islands where you will be introduced to animal guides who will teach you the principles you need to become who you really are. You will also find helpful resources, including The Tale of Hope and related songs, to aid you and your family in your transformations.

- The Who I Really Am program is a personal journey; therefore, the program is purposely designed not to give daily guidance or details how to teach, but to provide a wealth of knowledge and resources for you to use as you feel inspired to do so. However, there are three basic concepts of WIRA that, when consistently followed, will increase memory retention and have a lasting impact on you and your family.

1. **Read** or retell in your own words The Tale of Hope.

2. **Listen** to the music often; you will absorb the truths contained in the songs. The lyrics are purposefully elevated to teach at all levels, and to invite discussion about each principle.

3. **Learn** about the animal and the principle they represent. As you take time to learn about the animals, you will begin to symbolically see how they relate to the principles they signify.

- **What to Expect Personally:** The first step is to learn the principle yourself so you will be prepared to teach your family and others. As you focus on actively applying the principles you learn, you will personally begin to transform and others will follow your example.

- **What to Expect as a Family:** As you put forth effort in small and simple things, great things will come to pass. By simply posting visual reminders of the principles you are focusing on, playing the music regularly, and adding little drops of knowledge about the animals and the principles they represent, you will plant seeds of transformation.

Do not expect every individual in your family to understand every concept. Let them fall in love with the story, the animals, and the music, and simply share what you have learned with them. There will come a day when young minds will grow and they will understand the principles in deeper ways. If you have older children, ask some of the pondering questions and invite them to explore how the principle can apply to them in their own lives. Above all, enjoy the journey and the experience of learning together.

**READ THE TALE OF HOPE:** Read or retell in your own words the Yalwuna section in The Tale of Hope: Embark on the Journey.

**LISTEN TO THE SONG:** Listen to Who I Really Am and Cowra Lullaby.

Emark on the Journey
**Respa**

(RES-puh)

Relax, Evaluate, Strategize, Be Patient, and Act

<table>
<thead>
<tr>
<th>Respa (The Crocodile)</th>
</tr>
</thead>
<tbody>
<tr>
<td>R elax: Take a breath; relaxing will enhance creativity and restore energy.</td>
</tr>
<tr>
<td>E valuate: Evaluate the moment; determine current reality.</td>
</tr>
<tr>
<td>S trategize: Lay out an action plan.</td>
</tr>
<tr>
<td>P atience: Be patient; wait for the right moment; re-evaluate; adjust if necessary.</td>
</tr>
<tr>
<td>A ct: Simply do it; move with focused action.</td>
</tr>
</tbody>
</table>

- Crocodiles are one of the greatest survivors known to mankind. During prehistoric times, they roamed the earth side by side with their cousins the dinosaurs. They shared the same hunting grounds and experienced the same changing environment. Today crocodiles are alive and thriving; but when was the last time you saw a dinosaur? Respa embodies the principles of self-mastery and the ability to adapt in any given situation. In a world of unprecedented and unpredictable changes, the *Who I Really Am* program brings people, of all ages, the principles they need to stay cool, calm, and creative, no matter the pressure!

- RESPA is the personal mastery system for developing self-discipline and maintaining composure and personal control in one’s life. It’s the backbone upon which enlightenment, integrity, and personal control are developed and maintained.

- The immediate fruit of RESPA is more **Self-Awareness and Positive Attitude (SAPA)**. Over time, RESPA and SAPA will help an individual become who they really are.

**HOW TO USE RESPA**

- Begin each morning with RESPA.
- Use RESPA at the start of projects.
- Develop this response as a habit for all areas of life.

**RESULTS FROM APPLYING RESPA**

- Greatly increases awareness, enlightenment, and personal stability
- Enhances creativity
- Opens the door to personal power and potential
- The fruit of RESPA is **Self-Awareness and Positive Attitude (SAPA)**
**READ THE TALE OF HOPE:** Read together the Respa section in *The Tale of Hope: Embark on the Journey*. If you have younger children, consider retelling the story in your own words. If you have older children you can invite them to read the story on their own.

**LISTEN TO THE SONG:** *The Crocodile’s Mission* and *Respa the Crocodile*. Invite your family to share their thoughts and impressions about the songs.

**EXPLORE THE CROCODILE:**

1. The first crocodiles date back to the days of the dinosaurs.
2. A crocodile is not well equipped to chase its prey on land and therefore waits patiently underwater for its prey to come to it. Crocodiles can stay underwater for up to two hours.
3. Crocodiles don’t shed their skin; they grow into it. The skin on the back of a crocodile is covered in bones and can deflect arrows, spears, and even bullets.
4. A large crocodile can go a whole year without food!
5. A crocodile can lower its heart rate to one beat per minute if it is really cold.
6. What else can you learn about the crocodile?

**PONDER:**

1. Help your family understand what the letters RESPA stand for by sharing what they mean to you and examples you have seen. How can you liken the crocodile to self-mastery by Relaxing, Evaluating, Strategizing, being Patient, and Acting in the right moment?
2. Crocodiles have been able to stand the test of time. How can the principles of RESPA help you withstand changes that come into your life?
3. The crocodile does not hunt well on land, so it patiently waits underwater for its prey. What does it mean to be patient?
4. Look at a picture of the crocodile. Does it look frustrated or relaxed? How do you feel when you are frustrated? How do you feel when you are relaxed? Which way shows self-mastery?

---

**Teaching Tip**

*The first day is important for setting the tone for the rest of your journey. Take sufficient time to make sure you have everything ready before you begin. Think about the goals for the lesson and how you can arrange the environment to support it. And above all, have FUN together!!*
Here is the true story of a brave heart, one willing to hold on as long as it took to get the job done.

Holland is a country where much of the land lies below sea level. Only great walls, called dikes, keep the North Sea from rushing in and flooding the land. For centuries, the people of Holland have worked to keep the walls strong so that their country will be safe and dry. Even the little children know the dikes must be watched every moment, and that a hole no larger than your finger can be a very dangerous thing.

Many years ago there lived in Holland a boy named Peter. Peter's father was one of the men who tended the gates in the dikes, called sluices. He opened and closed the sluices so that ships could pass out of Holland's canals into the great sea.

One afternoon in the early fall, when Peter was eight years old, his mother called him from his play. "Come, Peter," she said. "I want you to go across the dike and take these cakes to your friend, the blind man. If you go quickly, and do not stop to play, you will be home again before dark."

The little boy was glad to go on such an errand, and started off with a light heart. He stayed with the poor blind man a little while to tell him about his walk along the dike and about the sun and the flowers and the ships far out at sea. Then he remembered his mother's wish that he should return before dark and, bidding his friend goodbye, he set out for home.

As he walked beside the canal, he noticed how the rains had swollen the waters, and how they beat against the side of the dike, and he thought of his father's gates.

"I am glad they are so strong," he said to himself. "If they gave way, what would become of us? These pretty fields would be covered with water. Father always calls them the 'angry waters.' I suppose he thinks they are angry at him for keeping them out so long."

As he walked along, Peter sometimes stopped to pick the pretty blue flowers that grew beside the road, or to listen to the rabbits' soft tread as they rustled through the grass. But oftener he smiled as he thought of his visit to the poor blind man who had so few pleasures and was always so glad to see him.

Suddenly, he noticed that the sun was setting, and that it was growing dark. "Mother will be watching for me," he thought, and he began to run toward home.

Just then he heard a noise. It was the sound of trickling water! He stopped and looked down. There, in the dike, was a small hole, through which a tiny stream was flowing.

Any child in Holland is frightened at the thought of a leak in the dike.
Peter understood the danger at once. If the water ran through a little hole, it would soon make a larger one; and the whole country would be flooded. In a moment, he saw what he must do.

Throwing away his flowers, Peter scurried down the side of the dike and thrust his finger into the tiny hole.

The flowing of the water was stopped!

"Oho!" he said to himself. "The angry waters must stay back now. I can keep them back with my finger. Holland shall not be drowned while I am here."

This was all very well at first, but soon it grew dark and cold. The little fellow shouted and screamed. "Come here; come here," he called. But no one heard him; no one came to help him. It grew still colder, and his arm ached and began to grow stiff and numb. He shouted again. "Will no one come? Mother! Mother!"

But his mother had looked anxiously along the dike road many times since sunset for her little boy, and now she had closed and locked the cottage door, thinking that Peter was spending the night with his blind friend, and that she would scold him in the morning for staying away from home without permission.

Peter tried to whistle, but his teeth chattered with the cold. He thought of his brother and sister in their warm beds, and of his dear father and mother. "I must not let them be drowned," he thought. "I must stay here until someone comes, if I have to stay all night."

The moon and stars looked down on the child crouching on a stone on the side of the dike. His head was bent, and his eyes were closed, but he was not asleep, for every now and then he rubbed the hand that was holding back the angry sea.

"I'll stand it somehow," he thought. So he stayed there all night keeping the sea out.

Early the next morning, as he walked along the top of the dike on his way to work, a man thought he heard a groan. Looking over the edge, he saw a child clinging to the side of the great wall.

"What's the matter?" he called. "Are you hurt?"
"I'm keeping the water back!" Peter yelled. "Tell them to come quickly!"

The alarm was spread. People came running with shovels and the hole was soon mended. They carried Peter home to his parents; and before long, the whole town knew how he had saved their lives that night. To this day, they have never forgotten the brave little hero of Holland.
The Battle of Gaugamela
by Ellen Taylor

Alexander slept great the night before the battle of Gaugamela. It was one of his military strategies. A well-rested and well-fed army is better than the opposite; and today he was about to put them to the test. This battle would decide who would be made king over all of Persia. Alexander’s generals suggested that he launch his attack during the night so as to take King Darius off guard; but Alexander did not want to steal a victory.

Darius, on the other hand, did not sleep well at all, worried that Alexander was indeed going to attack that night. He had lost to Alexander before and he did not want a repeat. For this battle, Darius had gathered a huge army from all over his empire. The Persian army was an impressive one; stronger by far than the force he had met Alexander with before. Hundreds of thousands of men, hundreds of chariots, and even mercenaries made up his legion. Darius assumed this would be his last battle with Alexander, and that he would be able to keep his empire. He was correct...on one account.

Alexander did not have near the impressive number of troops, nor did he have anything like chariots. He only had his men—men who would follow him into every battle, men whom he could trust.

In the wee hours of the morning, the Greeks faced the formidable Persian army. As the battle commenced, Alexander and his generals set in motion many things that they had planned in advance. They knew their enemy far outnumbered them, so Alexander had his soldiers begin their attack at an angle. This, as Alexander had hoped, drew Darius’ army a little to the left. As the battle continued, Alexander’s forces skillfully continued to lure the Persians into unclear terrain.

As his men fought, Alexander patiently held back. He was waiting for the perfect time to unfurl his secret weapon. There was no way he could pin down and say exactly when this would happen. Instead, he had to first wait and see if his foes took the bait, and then he could act—and show the Persians why he was one of the best military generals in the entire world.

Finally, it happened.

As the two forces drew more to the left, there began to be a gap in the large army. As soon as Alexander saw that weakness, he wedged his men against the opening and began a charge toward the surprised and surrounded Persians. Darius quickly realized that the size of his army would not matter in the least to Alexander. What did matter was Alexander’s ability to strategize and wait for the perfect timing to act on his plan. He gained his knowledge over years of fighting wars with a good number of men he could trust.
Soon, Darius found himself on the losing side of the battlefield and fled. When his men saw their king run away, they quickly gave up the fight. That is how Alexander the Great, with the help of his army, became King of Persia.

**Additional Books/Stories**

- **The Lost Prince** by Frances Hodgson Burnett (Ages 10-up). Marco is trained from a young boy to serve his country and help restore the rightful king to the throne. With the help of his friend, he is sent on a secret mission that will make it possible for the true king to return.

- **The Tortoise and the Hare** by Aesop (Ages 3-up). Tortoise wins the race through patience and diligence to the end, despite being the slower competitor.
Respa Movies

**Beauty and the Beast** *Walt Disney* 1991. Belle, a beautiful young maiden, finds herself in a magical castle where she is held prisoner in exchange for her father’s freedom. She soon discovers that she must reside in the same place with an angry Beast. Over time, Belle learns to love the Beast and he learns self-control.

**Parent Trap** *Walt Disney* 1961. Susan and Sharon are twins separated at birth, having never known of each other’s existence. Fate brings them together during a summer camp where they make and carry out a scheme to switch places. But their plans become more complicated as they work to get their parents back together and heal their family.

**Emma** *Miramax Films* 1996. This movie is based on the novel by Jane Austen. Emma tries to play matchmaker after being warned by her father and dear friend not to. Through trial and error, she finally learns to master herself.

**The Fellowship of the Ring** *WingNut Films* 2001. The future of civilization rests in the fate of the One Ring, which has been lost for centuries. Powerful forces are unrelenting in their search for it; but fate has placed it in the hands of a young Hobbit named Frodo. Frodo and his eight companions set out on a journey to destroy the One Ring and the Dark Lord Sauron. On their journey, they face great evil and perilous dangers. In order to succeed, they must be calm, courageous, and work together to overcome Sauron and save the world.
**Respa Lesson Ideas**

**Discussion Questions**

1. Respa told Raja to sell his business in order to set sail on his journey. Are there things in your life that you need to get rid of or set in order so you can embark on your own journey of transformation?

2. What is one fact you remember about the crocodile and how does it remind you of Respa? (Relax, Evaluate, Strategize, be Patient, and Act)

3. Have you read or seen any examples of self-mastery or RESPA?

4. What song do you like the most? Why? How do these songs make you feel? What are your favorite phrases?

**Song Extensions**

- **COLOR:** Invite your family to color the Respa coloring page as they listen to the song.

- **WORD PUZZLES:** Do the word search or crossword while you listen to songs you have already learned (word puzzles and coloring pages are found in the appendix).

- **PROJECT:** Make a music video. Put pictures to the words of the song, or record videos to illustrate phrases in the song.

- **ACTIVITY:** Give your children some play dough and invite them to make a crocodile as they listen to the songs.

- **ACTIVITY:** Invite your family to pretend they are a crocodile hunting as they listen to Respa the Crocodile.

- **ACTIVITY:** Together, brainstorm actions to go with the words, Relax, Evaluate, Strategize, Patience, and Act. Some ideas might include: taking a breath for Relax, placing a hand above your eyes as you scan the room for Evaluate, placing your pointer finger at your temples as though you are thinking for Strategize, etc. Listen to the songs and perform the actions at the appropriate time.
Additional Activities

- **ART:** Draw your favorite part in *The Tale of Hope: Embark on the Journey* and then share the pictures with each other.

- **ACT:** Act out different parts from *The Tale of Hope: Embark on the Journey.* Don’t forget to record it!

- **ROLE PLAY:** Role-play situations using the principles of RESPA.
  - Example: Your sister keeps taking your clothes without asking. You are tired of always telling her not to do it. How can RESPA help you?
  - Example: You have a difficult question on a test. How can RESPA help you?

- **ROLE PLAY:** Invite your children to watch you and decide which way shows self-mastery (RESPA). Act as though you just lost your keys to the car and you have to go now! Act frantic, out of control, and frustrated with everyone. Then show RESPA: Relax, take a breath, Evaluate, Strategize, have Patience, and Act. Break up your family into groups and have them come up with their own skit to perform for the family that shows RESPA. Record them and enjoy watching it together.

- **PRACTICE RESPA:** Gather several smaller sized balls (soft ones are best or even socks made into balls). Ask for a volunteer to catch as many of the balls as he can. Throw all the balls at once (many will drop). Tell him that you will throw the balls again, but this time you will walk through the steps in RESPA with him and hopefully he can catch more balls. 1) Relax 2) Evaluate, what do they need to do? 3) Strategize, come up with a plan to catch more balls. 4) Patience – be patient. 5) Act – Catch the balls. Throw the balls again according to this new strategy.

  - Discuss the following questions:
    - Did you catch more balls when you practiced RESPA?
    - What could the balls represent? Explain how learning to relax, evaluating the situation, strategizing (making a plan), having patience, then acting, allows individuals to accomplish their responsibilities.


- **PRACTICE EVALUATING:** Find several photos of people in different situations. (*i.e.* Kids fighting over a toy, people yelling at each other, child left out of a game, a family playing together, business meeting, etc. Try and find pictures that show a lot of emotion.) Show the pictures to your family and have them evaluate what is going on. Have them identify feelings that others may be experiencing in the various photos. If applicable, share how they would handle the situation.
1. Was it easy for you to understand what was occurring in the pictures? Why? (You were relaxed and could see clearly.)

2. Discuss how it is important to relax before evaluating projects, situations, and conflicts. Sometimes our emotions keep us from seeing things clearly. What benefits come when you relax and evaluate what is going on at that moment?

- **QUOTE:** Choose a quote. Make enough copies to display in several areas around your home; spend time memorizing it and discussing the meaning. When it is memorized, give a small reward.
Inrock

(IN-rahk)

Integrity is the Rock, a Sure Foundation

Inrock (The Eagle)

Integrity is the Rock, a sure foundation for your personal and family life. It means being receivers of correct knowledge, rather than receivers of falseness appearing real.

- Webster’s 1828 definition of integrity: wholeness; entireness; unbroken state. The entire, unimpaired state of anything, particularly of the mind. Moral soundness or purity; incorruptness; uprightness; honesty.

HOW TO USE INROCK

- Be honest about self to myself and to others.
- Remove facades.
- Follow through on commitments.
- Accept who I was, love who I am, be excited about who I am becoming.

RESULTS FROM APPLYING INROCK

- Assists in developing a sense of personal freedom
- Encourages others to be honest with me
- Builds trust and respect
- Develops Self-Awareness and Positive Attitude (SAPA) and grows assertiveness skills
- Creates unity, wholeness, and moral soundness

READ THE TALE OF HOPE: Read together the Inrock section in The Tale of Hope: Embark on the Journey. Are there other stories you have read when a person or group of people had to leave a place? Why did they leave? How did this journey change their character?

LISTEN TO THE SONG: Inrock the Eagle. Invite older children to listen for words that describe integrity. After listening to the song ask: What do you think integrity is?

EXPLORE THE EAGLE:

1. When flying, the bald eagle very rarely flaps its wings. Instead, it soars.
2. During breeding season, the male and female work together to build a nest of sticks, usually located at the top of a tree. The nests can weigh up to a ton and measure eight feet across.

3. After mating, the pair remains together until death separates them.

4. An eagle’s keen eyesight allows it to see fish, their typical prey, up to one mile away.

5. What else can you learn about the eagle?

**PONDER:**

1. How does the eagle represent integrity?

2. The eagle rarely flaps its wings. Instead, it soars. How can living in truth help you soar in life?

3. The eagle mates for life. How can being honest and maintaining integrity strengthen your family relationships?

4. Eagles soar freely through the sky. What does it feel like to be free? How does honesty with self and others help you to be free?

---

**Teaching Tips**

If you find yourself overwhelmed, busy, and with little time, go back to the basics and just read The Tale of Hope and listen to the songs. Doing these two things is the core of Who I Really Am and your family will learn the truths this curriculum has to offer.

**How to Share a Story**

“The power of a story is a flow of emotion. If you ask your children questions about the story, you disrupt that flow and switch it to the mind and away from the heart. Feelings cannot always find words. You just have to trust that the story is doing exactly what it needs to do. A child may ask a question, or a child may share an experience--this is wonderful because it is bubbling out of his own heart. Compulsion comes in many forms and the least degree, even when well intentioned, can short circuit the process.

*The more these lessons are woven seamlessly into life, the more effective.*

~ Marlene Peterson
Inrock Stories

The Parable of the Eagle

Based on a story by James Aggrey

Once upon a time, a man was walking through the forest when he came upon a young eagle fluttering helplessly near the edge of the path. Not seeing the bird's parents anywhere about, the man tucked the eagle under his jacket and took it home and cared for it. When the eagle was strong enough, the man placed it among his chickens. He fed it like a chicken and housed it like a chicken.

Five years later, a naturalist came to visit the man. When he passed through the man's garden he saw the eagle pecking at the ground like the rest of the flock. He turned in surprise to the man and said, “That bird is an eagle, not a chicken.”

“True,” said the man. “But I have trained it to be a chicken.”

“It measures fifteen feet from the tip of one wing to the tip of the other,” exclaimed the naturalist.

“And yet, it is now a chicken,” insisted the man.

“I disagree,” said the naturalist. “This bird was created to be an eagle. I am sure I can make it soar into the heavens as it was designed to do.”

“No,” said the owner. “It is a chicken now and it will never fly.”

The man and the naturalist agreed to put the eagle to a test. The naturalist picked up the eagle, and said with great intensity, “Eagle, you are an eagle; your created design is to be an eagle. You belong to the sky and not to this earth. Stretch forth your wings and fly.”

The eagle turned his head this way and that. When he looked down and saw the chickens pecking the dust, he hopped down to join them.

“Hah!” the man said. “I told you it is a chicken.”

“I cannot believe that,” said the naturalist. “Let us give the eagle another chance tomorrow.”

The next day, the naturalist took the eagle to the top of the house, and said, “Eagle, you are an eagle; your created design is to be an eagle. Stretch forth your wings and fly.”

But again, the eagle saw the chickens feeding down in the dust and jumped down to feed with them.

The owner said, “I told you it is a chicken.”
“I still cannot believe that,” said the naturalist. “It is an eagle, and it still has the heart of an eagle. Let's give it one more chance.”

The next morning, the naturalist rose early and took the eagle far away from the city, far from the garden and far from the chickens, to the foot of a high mountain. The sun was just rising. The top of the mountain was edged with gold, and every cliff and crag seemed to sing for joy on that beautiful morning.

The naturalist picked up the eagle, and said, “Eagle, you are an eagle; you belong to the sky and not to this earth. Stretch forth your wings and fly!”

The eagle looked around and trembled as if new life were coming to it; but it did not fly. The naturalist turned the bird until it was looking straight at the sun.

Suddenly, the eagle stretched out its wings and, with a mighty screech, mounted higher and higher into the sky, never to return.

The eagle proved itself to be an eagle, even though it had been kept as a tame chicken!
The sun beat down mercilessly upon Hotah as he ran. His mouth was parched and his stomach grumbled loudly, while his legs and lungs burned from exertion. He had been running for nearly two days. He could hear the river before him, and he welcomed the respite he would soon find from the heat and thirst he suffered. Still, he felt blessed. He had been chosen for this quest and he was determined to succeed.

Hotah was a Lakota Sioux. His Native American tribe lived in the northern plains of North America. Within his tribe, there was an elite society of warriors known as Ogle Lute Wicapi, or Red Shirt Warriors. Once, every four years, the society extended an invitation for two men whom they felt would be worthy to join them. The initiation required that each candidate pass a rigorous test of endurance. Before leaving, they were given the instruction to run to a certain cliff a great distance from their village. There they were to obtain a red sash that would be tied to a rock and bring it back, all within four days. The only thing they were allowed to take with them was a knife. Any food or water would have to be procured along the way.

Hotah was the second to run. Takoda had returned with his sash two nights back, exhausted, hungry, thirsty, and barely able to stand up. Without stopping, Takoda immediately entered the teepee where the Ogle Lute Wicapi were assembled. Hotah waited without, barely breathing. Would Takoda pass? Would he be admitted into the society? Hotah knew that obtaining the red sash was only half the battle. The second half was this test. What that test was, Hotah could only guess. The decision as to whether a warrior was admitted or not into this elite society was up to the Red Shirt Warriors. If a candidate didn’t pass, the Warriors never explained why.

Finally, Takoda, “Friend to everyone,” came out with a huge smile on his face. He had passed the test.

Now, two days later, Hotah approached the roaring river and collapsed into the cool water. He drank deeply and allowed the water to cleanse the sweat off his sticky skin. This was the hottest time of the year and the run exhausted his strength. Still, he wasn’t finished, and he had no time to lose. The cliff loomed above him. The sun had already dipped behind it, throwing him into shadow. He should leave now to make it back down before nightfall. Hotah wiped the water from his eyes and looked up to survey his path. He would need to run up a considerable hill before he would reach the outcrop forming the cliff. About halfway up the summit, a lone tree grew impossibly out of the shale rock. He would make that tree his next stopping point.

With that decided, Hotah sloshed across the river and began to run again.

The sun was ruthless! He was so tired, so hungry. He willed his legs to continue the steep climb. Just to the tree, he thought. Then I can rest for a few minutes.

Overhead, a great eagle called his greeting. Hotah looked up to see the majestic white-head soaring high above him. He found strength and ran harder. Finally, Hotah reached the tree
and fell down at its trunk. Lying on his back, he looked up to see if he could catch a glimpse of
the bird, when he saw something red tied to a low branch. A sash? What is it doing here?

Pulling himself to his feet, Hotah inspected the cloth. It was the sash of the Ogle Lute
Wicapi. The same sash Takoda had brought in. Did Takoda put this here for him so he wouldn’t
have to finish the climb? He was not called “Friend to everyone” for nothing. Hotah hesitated.
Perhaps I misunderstood the instruction. Maybe this sash is the one I was meant to get. Is there a
sash at the top still? What if I get all the way up there and find out that this is it? I am already
running out of time and that climb looks awfully long. As he considered what to do, he heard
again the cry high above him. The eagle is strong. Hotah means “strong.” He felt a surge of
determination. I must finish. I will go to the top, regardless if this is the sash or not. If there isn’t
one there, I can retrieve this one on my way back.

Hotah again willed his legs to move as he climbed the last, steep incline. Step after step
tested every part of his endurance. His lungs burned, his legs felt like lead, his head felt light, and
his great thirst had returned. The rock under his feet soaked up the heat like an oven; even with
his moccasins, Hotah felt scorched from top and bottom. Still, he pushed himself forward.

When he finally reached the top, Hotah used his hands to pull him up over the ledge of
the cliff. A hot gust of wind blew his long, black hair behind him as he struggled to his feet.

And there it was, tied to a rock; a long, red sash waved its welcome. Hotah “whooped”
with joy, despite his exhaustion. He quickly untied the sash from the rock and held it high in
triumph. From this vantage, Hotah could see forever. Curls of smoke rose far away to the east.
His village. To the west, the yellow orb of the sun began its last descent, leaving a streak of
brilliant orange and red. Hotah took it all in for a moment and knew, whatever the final decision
of the Ogle Lute Wicapi, he had done his best. After a deep breath of satisfaction, Hotah rolled
the sash into a tight bundle and tucked it into his breechcloth. Then he headed home.

Two days later, at sunset, Hotah nearly stumbled as he entered the village. The smell of
roasting buffalo greeted him, and his stomach growled longingly. Still he wasn’t finished. He
didn’t stop running until he found his way to the teepee where the Warriors were gathered,
waiting.

Hotah entered silently and stood as straight as he could, facing the men. They looked on
without expression. Hotah held his breath.

Finally, the eldest Warrior spoke.“Hotah, take the sash from your breechcloth, hold it
high above your head, and let it unfurl.”

Hotah obeyed and watched the long red sash unroll and touch the ground at his feet. He
stood erect, still as a statue, awaiting the final word.


The Red Shirt Warriors taught their new brothers the secret of their initiation. True, the
endurance was a huge part of it, but the real test came in the sash they brought back. If Hotah had
taken the sash from the tree, it would have been too short and not fallen to the ground when he
unfurled it. Only the sash at the top proved to the Warriors that their chosen candidate had indeed finished the whole course honestly.

Note: Based on a story found in *The Lakota Way*, [a collection of stories passed down orally on the Rosebud Sioux Reservation], by Joseph Marshall III.

### Additional Books/Stories

- **The Honest Woodman** adapted by Emilie Poulsson (Ages 4-8). An Aesop fable depicting a woodcutter who loses his axe in the river and gains both a gold and a silver one because of his honesty. This story can be found in *The Children's Book of Virtues*, by William J. Bennett, 101-105.

- **Sam, Bangs and Moonshine** by Evaline Ness (Ages 8-up). After near disaster, repentant Sam, a fisherman’s daughter, decides reality is better than lies termed “Moonshine or dreams.”

- **Why Mosquitoes Buzz in People’s Ears** by Verna Aardema (Ages 6-up). A mosquito tells a lie and panics the whole jungle.

- **The Prince and the Pauper** by Mark Twain (Ages 10-up). Tom Canty, a pauper, and Prince Edward accidentally switch places after their unusual meeting. Discover how each boy grows in his unique experience.

- **Little Britches** by Ralph Moody (Ages 10-up). An autobiography about Ralph Moody’s growing up years and the valuable lessons he learns from his father.
Inrock Movies

**Charlie and the Chocolate Factory** Paramount Pictures 1971. Willy Wonka, a famous candymaker, announces he has placed five golden tickets among chocolate bars throughout the world. The lucky winners will have a chance to win a lifetime of chocolate as well as a tour of his elusive candy factory. A poor young boy named Charlie wants to win more than anything and, after finding some money in a gutter, buys a chocolate bar containing a golden ticket. The integrity of all of the winners are tested when Wonka's biggest competitor, Mr. Slugworth, offers them large amounts of money if they will deliver Mr. Wonka's secret new candy recipe to him. Will Charlie betray Wonka's secret so he can lift his family out of poverty? Or will he be true to his word no matter the consequences?

**Jane Eyre** Masterpiece Theater 2006. Jane Eyre remains true to values and principles she knows is right even in the most difficult circumstances.

**Forever Strong** Go Films 2008. In this movie, Rick’s integrity is challenged a number of times. He transforms from a disobedient youth into an individual who is anchored in truth. With the help of his rugby coach, Rick comes to understand his true identity.
Inrock Lesson Ideas

Discussion Questions

1. What is one fact you remember about the eagle and how does it remind you of integrity?

2. Listen to the song and spend time defining completeness, oneness, and wholeness. How do these words relate to integrity?

3. Share with your family why developing personal integrity is important to you. Share a personal experience. What can you do to increase your integrity? Review Inrock the Eagle or share ideas from the How to Use Inrock section. Write goals on cards or the coloring page and display them where you will see them frequently (goal cards and coloring pages are located in the appendix).

Song Extensions

- COLOR: Color Inrock while listening to the song.

- WORD PUZZLES: Do the word search or crossword puzzle while you listen to songs you have already learned (word puzzles and coloring pages are located in the appendix).

- PROJECT: Make a music video. Put pictures to the words of the song, or record videos to illustrate phrases in the song.

- ART: Invite each member of the family to choose a different phrase in the song and draw a picture to illustrate the principle. Display your artwork around the house to remind each other of living with integrity.

- ACTIVITY: Invite your children to fly like an eagle while they listen to the song.

- DISCOVER: Listen to Inrock the Eagle. Identify words used to define integrity. If you wish, make a copy of the lyrics and highlight these words. How would you define integrity to someone?

Additional Activities

- QUOTE ACTIVITY AND ART PROJECT: Choose a quote and invite your family to create a poster to illustrate it. Display your posters around your house. Spend time memorizing the quote. You can write the words on strips of paper and have your family
put the words in order. Invite your family to recite the quote, and then remove a word or two and recite it again. Continue to remove words after each time you recite the quote until all the words are gone.

- **LESSON: INTEGRITY HOUSE.** Invite family members to build a house out of blankets, popsicle sticks, sticks from the yard, Legos, Lincoln Logs, or items laying around the house.
  - Share the following analogy from *Little Britches* by Ralph Moody: “A man’s character is like his house. If he tears boards off his house and burns them to keep himself warm and comfortable, his house soon becomes a ruin. If he tells lies to be able to do the things he shouldn’t do but wants to, his character will soon become a ruin. A man with a ruined character is a shame on the face of the earth.”
  - Remove parts of the house and discuss how it changes the home.
    1. If we only tell part of the truth, or are honest only half of the time, how does it affect our character?
    2. Inrock teaches us through her song that there is “freedom in honesty, freedom in integrity, freedom in oneness, anchored in truth.” How does integrity affect personal freedom?
  - Share how being honest has blessed your life.

- **ART/CRAFT: INTEGRITY ROCK.** Find a large rock to set before the family and discuss the following statement: The “rock” in Inrock means: Receivers of Correct Knowledge rather than receivers of falseness appearing real. Building our life on a rock will ensure a strong foundation.
  - Discussion Questions:
    1. How does receiving correct knowledge help us understand who we really are? Where can we receive information that is false but appears real? Where can we turn to receive correct knowledge? Make a list of sources of correct knowledge and sources of incorrect knowledge.
    2. How does receiving correct knowledge increase integrity? (For additional insights refer to the 1828 definition of integrity found in the Enligh section.)
  - Art project: Have each family member write on the top of a piece of paper “ROCK” (Receivers of Correct Knowledge). Have them list or draw pictures of sources where they can receive correct knowledge about themselves and the world around them.
  - Craft: Gather enough rocks for each family and, with a marker or paint, write “Inrock” as a reminder of the principles Inrock teaches us.
• **INTEGRITY QUESTIONS**: Write age appropriate situations on pieces of paper that would test a person’s integrity. Have each family member pick a situation and discuss what they would do.

  - Example: For months you have worked to save money for a new game/toy and all you need is $1! Your mother asks you to clean out under all the couch cushions. Today must be your lucky day because in the process of obeying your mother’s directions, you discover $1! It’s pay day! What are you going to do?

• **STORY**: Write the word “Inrock” on a piece of paper for all to see.

  - Explain: **Integrity** is the **Rock**, a sure foundation for our personal and family life. It means being **receivers of correct knowledge**, rather than receivers of falseness appearing real (**point to each letter in Rock as you say: receivers of correct knowledge**).

  - Explain in your own words what this means to you.
  - Tell your family you are going to read a story about an eagle that could not live up to his full potential because he did not have correct knowledge about his identity. Read *The Parable of the Eagle* found in the story section of the guidebook.
Appendix

Table of Contents

Preparing for the Journey

Who I Really Am (WIRA) Lyrics ................................................................. 30
Cowra Lullaby Lyrics ............................................................................. 31

Respa

Facts and Pondering Questions ............................................................... 32
The Crocodile’s Mission Lyrics ................................................................. 33
Respa the Crocodile Lyrics .................................................................. 34
Coloring Page .......................................................................................... 35
Quotes ....................................................................................................... 36
Word Puzzles ........................................................................................... 38
Goal Cards ................................................................................................. 40

Inrock

Facts and Pondering Questions ............................................................... 41
Inrock the Eagle Lyrics .......................................................................... 42
Coloring Page .......................................................................................... 43
Quotes ....................................................................................................... 44
Word Puzzles ........................................................................................... 46
Goal Cards ................................................................................................. 48

Crossword Bank ...................................................................................... 49

Embark on the Journey
I become who I think I am, what I hold in my heart and mind.
I desire to discover, then to uncover, who, who, who I really am.
Who I really am!

I become who I think I am; I am designed to succeed.
How important is the knowing, then all the growing, to my true identity.

I’m a child of divinity. Creator of my destiny, I exist in all eternity.
Who, who, who, I really am, who I really am!

I become who I think I am, what I hold in my heart and mind.
This leads me to seeing what I am capable of being, and how I will become

Who, who, who I really am. Who I really am!
Who I Really Am!
Cowra Lullaby

Far across the Sea of Vario, there's a wonderful place
Where all who dwell are true and kind, and wear a smile on their face.

In Cowra the Land of Integrity,
In Cowra where my heart's longing to be,
Someday maybe we'll all be in Cowra.

Seven isles will lead you safely there, guide you to your destiny.
Dare to roam to your real home. It's calling across the sea.

In Cowra a land of pure unity,
In Cowra where my heart's longing to be,
One day soon I know I'll be in Cowra.

So, child, your heart is good and true; set your sights courageously.
An adventure rare is waiting there, beckoning across the sea.

In Cowra the Land of Integrity,
In Cowra where my heart's longing to be,
Someday maybe we'll all be in Cowra.
Someday soon I know I'll be in Cowra.
Respa the Crocodile
Relax, Evaluate, Strategize, be Patient, and Act

ANIMAL FACTS

1. The first crocodiles date back to the days of the dinosaurs.

2. A crocodile is not well equipped to chase its prey on land and therefore waits patiently underwater for its prey to come to it. Crocodiles can stay underwater for up to two hours.

3. Crocodiles don’t shed their skin; they grow into it. The skin on the back of a crocodile is covered in bones and can deflect arrows, spears, and even bullets.

4. A large crocodile can go a whole year without food!

5. A crocodile can lower its heart rate to one beat per minute if it is really cold.

6. What else can you learn about the crocodile?

PONDER

1. How can you liken the crocodile to self-mastery by Relaxing, Evaluating, Strategizing, being Patient, and Acting in the right moment?

2. Crocodiles have been able to stand the test of time. How can the principles of RESPA help you withstand changes that come into your life?

3. The crocodile does not hunt well on land, so it patiently waits underwater for its prey. What does it mean to be patient?

4. Look at a picture of the crocodile. Does it look frustrated or relaxed? How do you feel when you are frustrated? How do you feel when you are relaxed? Which way shows self-mastery?

HOW TO USE RESPA

• Begin each morning with RESPA.
• Use RESPA at the start of projects.
• Develop this response as a habit for all areas of life.

RESULTS FROM APPLYING RESPA

• Greatly increases awareness, enlightenment and personal stability
• Enhances creativity
• Opens the door to personal power and potential
• The fruit of RESPA is Self-Awareness and Positive Attitude (SAPA)
The Crocodile's Mission

Respa, since the dawn of time, but one remains the crocodile line.
Respa, the light of life will shine. I flow in peace and joy by adding mine.

There is power every hour in self-mastery.
Combined with faith and hope, I'll face whatever comes to me.
In integrity, I am free to be.
I am free in life! Let it flow effortlessly.
Respa through your life! Let it flow effortlessly.

Respa: relax and take a breath. Evaluate this moment on your path.
Respa: then strategize your steps. Have patience for the right moment then act!

There is power every hour in self-mastery.
Combined with faith and hope, I'll face whatever comes to me.
In integrity, I am free to be.

I am free in life! Let it flow effortlessly.
Respa through your life! Let it flow effortlessly.
Respa.
Here he comes strollin’; his life is flowin’ with peace and power in every hour.
The secret he knows is letting it flow. See him smile, this crocodile.

Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
I'm saying life! Let it flow effortlessly!

This system of mastery creates a good life story, with peace and power in every hour.
Enlightened and in control, no matter what punches roll.
On the rock of integrity, I am free to be.

Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
Relax, evaluate, strategize, have patience for the right moment;
Then act, simply do it! Respa right through it in life. Let it flow effortlessly.
I'm sayin’ life! Let it flow effortlessly! I'm sayin’ life! Let it flow effortlessly!
"Self-mastery is doing those things we should do and not doing those things we should not do. It requires strength, willpower, and honesty."

~ James E. Faust
“Respa is the personal mastery system for developing self-discipline, maintaining composure, and personal control in one’s life. It’s the backbone upon which enlightenment, integrity, and personal control are developed and maintained.”

~ Roger Anthony
RESPA CROSSWORD

Across
1. Let it ______ effortlessly.
2. Relax, Evaluate, ________, have Patience, Act
5. Have _________ for the right moment then act.
6. Combined with _____ and hope I'll face whatever comes to me.
7. ________, Evaluate, Strategize, have Patience, Act

Down
1. In Integrity I am ______ to be.
3. The name of the crocodile.
4. Relax, _____, Strategize, have Patience, Act
8. Relax Evaluate Strategize, have Patience, _______

*Hint: The answers can be found in the song and animal facts. If you need additional help refer to the word bank at the end of the appendix.
Inrock the Eagle

Integrity is the Rock, a Sure Foundation

ANIMAL FACTS

1. When flying, the bald eagle very rarely flaps its wings. Instead, it soars.

2. During breeding season, the male and female work together to build a nest of sticks, usually located at the top of a tree. The nests can weigh up to a ton and measure eight feet across.

3. After mating, the pair remains together until death separates them.

4. An eagle’s keen eyesight allows it to see fish, their typical prey, up to one mile away.

5. What else can you learn about the eagle?

PONDER

1. How does the eagle represent integrity?

2. The eagle rarely flaps its wings. Instead, it soars. How can living in truth help you soar in life?

3. The eagle mates for life. How can being honest and maintaining integrity strengthen your relationships?

4. Eagles soar freely through the sky. What does it feel like to be free? How does honesty with self and others help you to be free?

HOW TO USE INROCK

- Be honest about self to myself and to others.
- Remove facades.
- Follow through on commitments.
- Accept who I was, love who I am, be excited about who I am becoming.

RESULTS FROM APPLYING INROCK

- Assists in developing a sense of personal freedom
- Encourages others to be honest with me
- Builds trust and respect
- Develops Self-Awareness and Positive Attitude (SAPA) and grows assertiveness skills
- Creates unity, wholeness, and moral soundness
Integrity: the master principle of completeness, oneness, anchored in truth.
To thine own self be true. Remove the false facades.
In reliability, you will find harmony.
Freedom in honesty, and freedom through integrity,
Freedom in oneness, anchored in truth.
Freedom through purity, and freedom through integrity,
Freedom in wholeness. I am free to be.

Integrity: the master principle of stability, unity, anchored in truth.
I'm accepting who I was, loving who I am, excited for who I am becoming.
I am free to be.
Fly high, Inrock. Fly high, Inrock.
Freedom in honesty, and freedom through integrity,
Freedom in oneness, anchored in truth.
Freedom through purity, and freedom through integrity.
Freedom in wholeness.
I am free to be. I am free to be. I am free to be.
Inrock
“I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.”

~ Frederick Douglass
“Integrity is the Rock, a sure foundation for your personal and family life. It means being receivers of correct knowledge, rather than receivers of falseness appearing real.”

~ Roger Anthony
INROCK WORD SEARCH

ANCHORED
INROCK
EAGLE
INTEGRITY
FLY
LOVING
FREE
STORM
TRUTH
Across
4. What is the Eagle's name?
5. Freedom in wholeness. I am _____ to be.
7. ________, the master principle of completeness, oneness, anchored in truth.

Down
1. I'm accepting who I was, _____ who I am. Excited for who I am becoming.
2. In reliability you will find ________.
3. Freedom in ________ and freedom in integrity.
6. Freedom in oneness, anchored in ______.

*Hint: The answers can be found in the song and animal facts. If you need additional help refer to the word bank at the end of the appendix.
### RESPA CROSSWORD
#### Word Bank
- Respa
- relax
- act
- free
- patience
- evaluate
- strategize
- faith
- flow

### INROCK CROSSWORD
#### Word Bank
- integrity
- honesty
- free
- loving
- harmony
- truth
- Inrock