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**Be a Model: Reveal Your Essence**

**By Louise Morganti Kaelin**

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As part of a workshop assignment, I was recently asked to identify 3 qualities that I would choose to model for others. Within a very few moments, I had my answer: compassion, respect, and wholeness. This reverberated with me so strongly that I soon realized that if I were able to live these three qualities to their fullest expression, I would be 'in' integrity with the essence of my being. These were the very heart of my core values and talked louder of who I am than anything I had come across before. Stronger than I can remember, they seem to answer the question of Who Am I? and Why am I here?

I soon experimented with some of my clients. Their answers included: (1) sharing, self-expression, intelligence; (2) dedication, loyalty, intelligence and (3) creativity, love, enthusiasm. All different. All extremely expressive of the individuals who chose them. In each case, the answers took just a few moments to come up with. In each case, the individual involved felt that this was the essence of who they were. They also felt energized and powerful.

This is one of those exciting discoveries that I want to share with everyone. No matter what you're struggling with, getting in touch with those three qualities seems to have the effect of lifting you above the situation. It lifts you up to a place where alternatives – choices – are visible. And once we're in choice, we stop being victims and claim the power to create the reality we want.

So, start with the question. What three qualities do you want to model for others? Once you've identified your three, write them down and post them prominently. Refer to them often. Go through your day seeking to express them each to their fullest. Pay attention to those activities that are most in harmony with those qualities. Notice when in the past you've most been in alignment with them. Do you get to express them in your work? In your family? Who can you express them around? And who not? Start noticing when all three get expressed together. For example, thinking about my three (compassion, respect, wholeness), I understood why I am so passionate about coaching. It is

such a natural opportunity for me to get to express these core attributes – and myself.

I hope you'll try this simple exercise. Of course, this is one of those 'simple, but not easy' things. Identifying the three qualities is simple, but living them fully each day may be one of the most challenging endeavors you ever undertake.

(c) Louise Morganti Kaelin. Louise is a Life Success Coach who partners with individuals who are **READY** (to live their best life), **WILLING** (to explore all options) and **ABLE** (to accept total support). Find many free resources to assist you in living the life of your dreams at <http://www.touchpointcoaching.com> For her free newsletter of insightful, practical suggestions for creating your best life, email <mailto:on-536@ezezine.com>

## **Crafting And Runecrafting In Runescape**

**By Robert Bell**

Runecrafting allows you to make your own runes, a useful skill considering that spells use quite a lot of them. The first necessary step to take is to mine Rune Essence from the Essence Mine. The Abyss comes highly recommended by a number of players. However, getting to these mines is no easy task. Finding the mine can be quite challenging and very few sources can teleport you to it. Those who can include the Wizard Distentor of the Yanille Magic Guild, the Wizard Cromperty, found Northeast of the Ardougne Market, and Brimstail Gnome, found in a cave in the southwest corner of the Tree Gnome Stronghold.

Mining is a practical way for newcomers to fund later adventures. After a few days of mining, you can sell your bulk essence. Since the price you get for it greatly depends upon the quantity, you should have at least 1,000 essence. There are two types of essence, normal essence and pure essence. You can mine pure essence if you are a member with at least level 30. Pure essence can then be used to

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craft any rune while normal essence can only be used to craft fire, earth, air, water, mind and body runes.

With the right know-how, runecrafting can be an excellent way to make fast money. While finding lucrative and convenient altars can be challenging, a mid to high level player can benefit from heading out into the wild, as the best altars are found far from the banks. In order to runecraft, the player must have reached at least level 35. Up until that point, one can make air runes with 4,482 rune essence. From level 35 up to level 44, you can make chaos runes with 3,911 rune essence. Once above level 44, you can make nature runes and sell them for anywhere between 300 and 500 gp a piece. These runes yield the highest profit.

When runecrafting, it is advisable to wear boots of lightness and wear minimal armor and weaponry. Only a pickaxe is needed. It is recommended to have pouches with you to allow you to carry more essence. Remember to use your pouches if you have them. They will save you time and money.

To make nature runes quickly, you must:

Convert all rune essence into bank notes. Take 4 times the amount of gp as you have essence. Take notes to the shop near the village. Sell your notes to the shop and buy them back in real form. Go to the Altar to craft nature runes. Return to the shop and repeat as many times as you wish. There a lot of ways to runecraft. These are just a few pointers to get you started. The true secret lies in experience and practice.

Robert Bell is an editor of Runescape Money Tips. You can find more articles at



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