

# How to Create Congruent Conditions for Optimal Living

Being in tune with your intuition and knowing how to read and decipher the signals and signs it sends to you is vital to working with The CCC Practice, or “Creating Congruent Conditions” in your life that will naturally draw in the experiences that desire. This falls over all categories of our lives from work to love to family and education, etc. In fact, living a truly congruent life actually means having all parts of your life existing wholly as they are; in balance and harmony being an extension of you via your own creative expression you bring to these various areas of your life.