



Video Course for the Five Steps of Faith:

Introduction: https://youtu.be/IT0dj_LoObw

Step 1: Focus <https://youtu.be/GmsM--k99go>

Step 2: Acceptance <https://youtu.be/X-WA8YQ60nQ>

Step 3: Intention https://youtu.be/AomH7_k4Ahg

Step 4: Thoughts <https://youtu.be/CedAgIbyRB8>

Step 5: Helping <https://youtu.be/z6ktOKLx4jE>