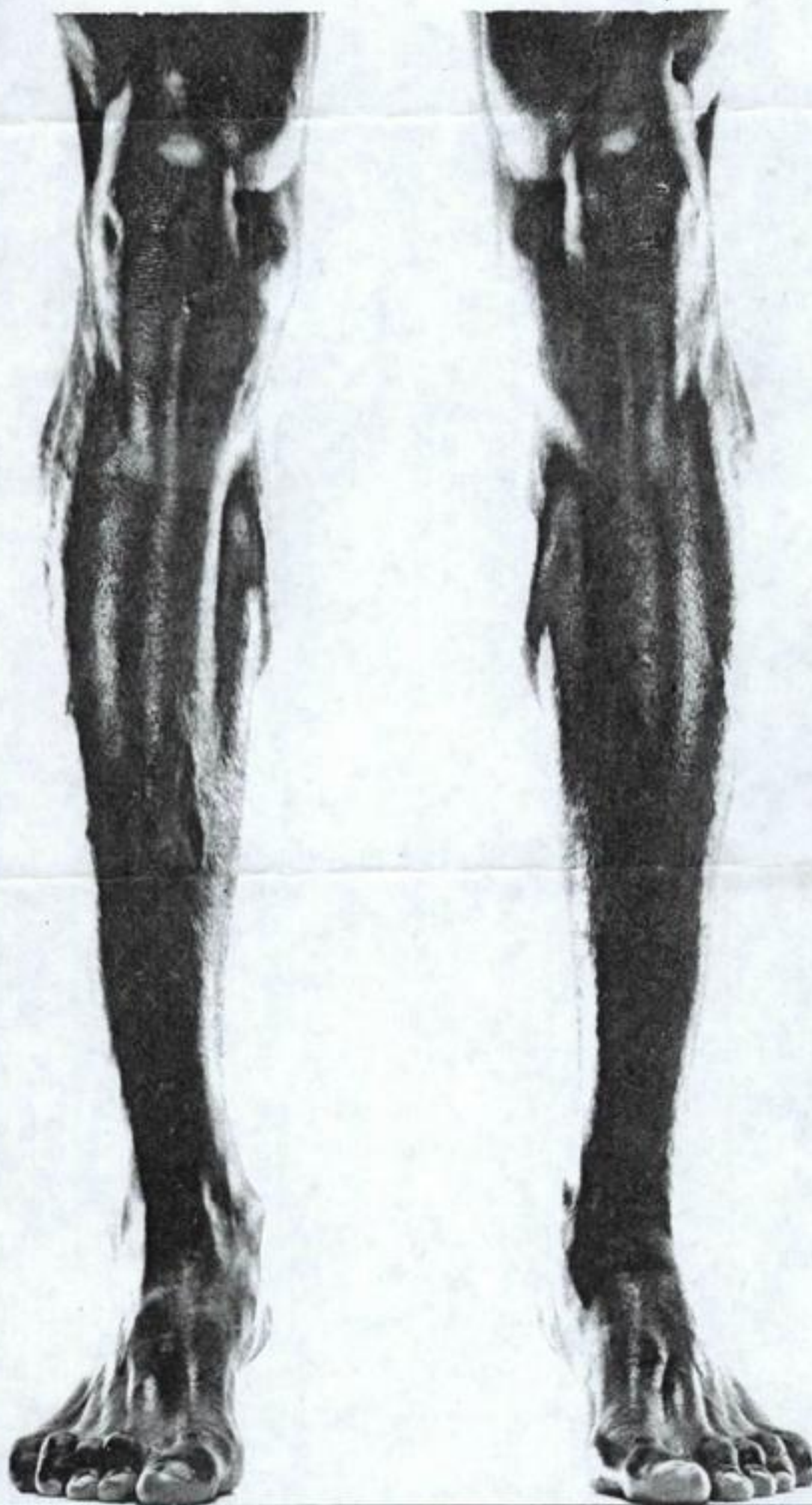


"STAND FOR SOMETHING"

**IT IS FOR FREEDOM THAT CHRIST HAS SET US FREE.
STAND FIRM, THEN, AND DO NOT LET YOURSELVES BE
BURDENED AGAIN BY A YOKE OF SLAVERY
GALATIANS 5:1**



**BODY
SHOT**

**SERGE
IBAKA**

**21. POWER FORWARD,
OKLAHOMA CITY
THUNDER**

ON GETTING A LEG UP

"Growing up in the Republic of the Congo, I had the same body as my father—natural, very athletic. When I came here, I started to lift every day. Now I have muscles. My legs help me cover both ends of the floor and defend any player in the league."

FOR MORE IBAKA PHOTOS AND EXCLUSIVE VIDEO,
CHECK OUT ESPN.COM/INSIDER.

NOV 1, 2014

THE ANCIENT WORD FOR RELATIONSHIP-

RITUAL

PART
1

RITUAL ALONE TARGETS THE INCREASE OF OUR AWARENESS. AWARENESS OF SPIRIT AS A REALITY, IS A KEY TOWARDS INDIVIDUAL TRANSFORMATION. OFTEN, THE FIRST TRANSFORMATION INVOLVES AN ELEVATION OF OUR IMAGINATION, AND THE QUALITY OF OUR THINKING PROCESS, AND "HOW" WE INTERPRET OUR OWN THOUGHT IMAGES INTO ACTS THAT CONTRIBUTE TO OUR PERSONAL LIVING PATTERNS. WHEN I AM REGULARLY CONNECTED TO SPIRIT AND FAITHFUL IN RITUAL RELATIONSHIP, THE DIFFICULT AND THE IMPOSSIBLE BECOME ELEMENTS THAT CO-OPERATE WITH MY HEALTHY-EST INTENTIONS. THE DIFFICULT AND SEEMING IMPOSSIBLE ARE ACTUALLY ONLY STEPS, STAGES, AND DEGREES TO REMEMBER, REVERENCE AND PRACTICE.

THE MORE I ALLOW MYSELF TO BE AVAILABLE TO THE HOLY-EST SPIRIT AND BEHOLD THE BENEFIT OF ACCURATE BALANCE AND HEALTH, THE MORE I BRING FORTH MY GIFTS AND FRUITS OF THE SPIRIT, INTO MY DAY-TO-DAY LIFE, RELATIONSHIPS, AND AFFAIRS.

THE ANCIENT WORD FOR
RELATIONSHIP - RITUAL



PART
2

THERE IS NO GREATER STARTING POINT THAN THE POINT THAT STARTS "WITHIN". ALL OF US ARE PRACTICING SOME KIND OF RITUAL IN OUR LIVES: COFFEE OR CIGARETTE FIRST THING IN THE MORNING; OR A BLUNT; KISSING OUR LOVE ONES APOON OUR ARRIVAL HOME OR BEFORE WE DEPART; SO MANY THINGS THAT WE DO ONLY IN PUBLIC ARE DIFFERENT FROM WHAT WE DO HERE WHEN WE ARE ALONE, OR WE THINK NO ONE ELSE IS AROUND.

HOWEVER, BE AWARE AND SURE THAT THERE IS ALWAYS A HIGHER GROUND WAITING FOR US TO EXPAND, EXPRESS, EMBRACE, AND UNDERSTAND THE NEED FOR SPECIFIC "INTENTIONAL PATTERS" ARE A MEDICAL EMERGENCY FOR OUR SOULS. OUR INTERACTIONS ON EVERY LEVEL - PERSPECTIVE WILL IMPROVE ONCE WE BEGIN TO HUG MORE, THE IMAGE IN THE MIRROR. REMEMBER THIS -

— EVEN WHEN WE ARE NOT IN FRONT OF THE MIRROR, — WE ARE STILL

REFLECTING AN
I M A G E

I Am An African-Classic,
[Signature]

HOW DO
YOU
DEFINE

"THE
GREATEST
LOVE?"

MOST OF ALL—

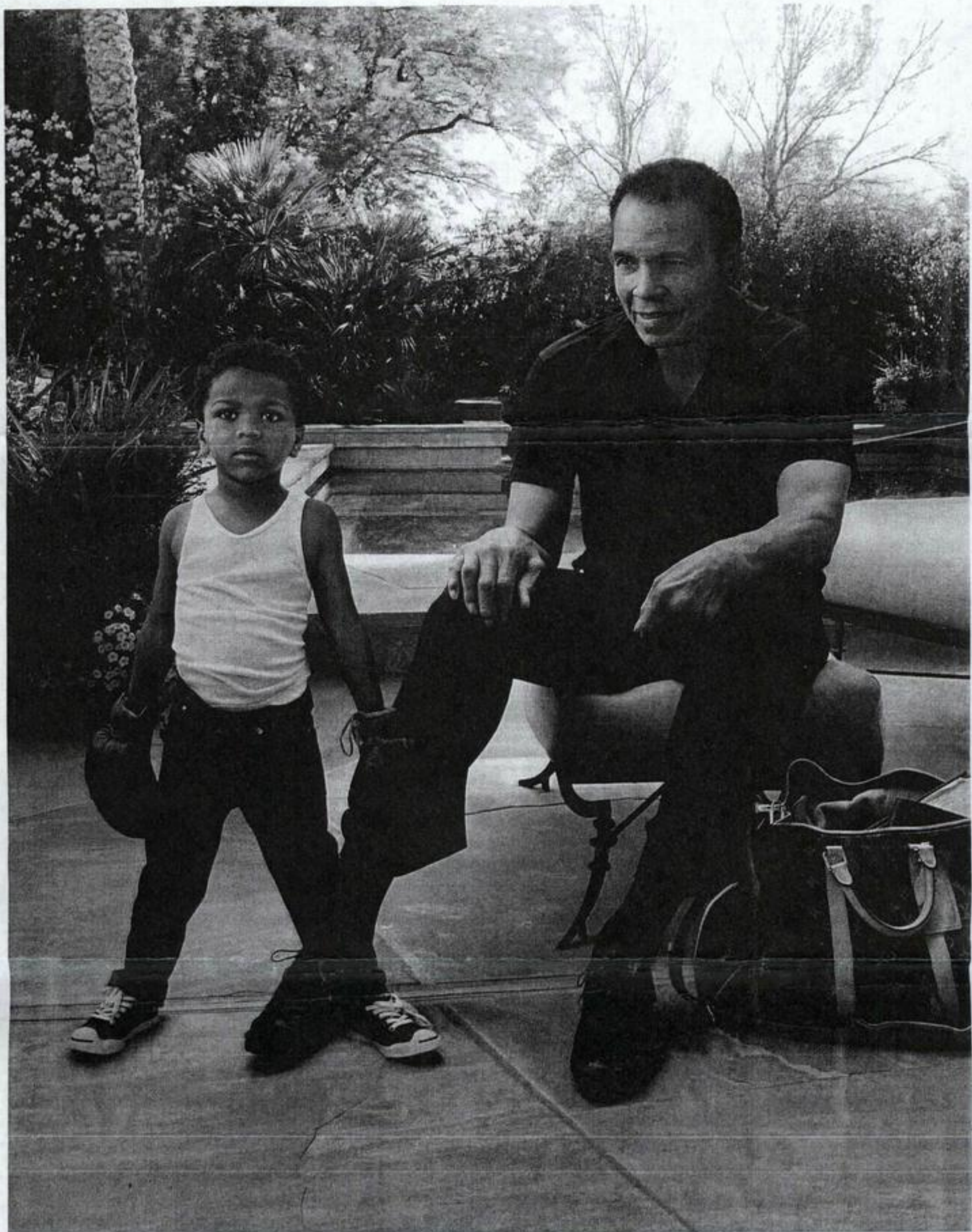
HOW DO
YOU
EXPRESS

IT.

* By this shall all men know
that you are my Disciple—

THAT YOU LOVE ONE ANOTHER—
CHRIS





Some stars show you the way.
Muhammad Ali and a rising star. Phoenix, Arizona.