

Living in quadrality.

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Communication.

- Take in the whole person at the start and sense where they're at. Look them in the eyes. Smile. Ask them how they are.
- Be as honest as you possibly can in all things. Apologise and admit your mistakes.
- Listen and acknowledge someone's feelings, especially when they're angry. This is so there is trust and everyone stays in the body. It doesn't mean you agree with them, just that you care and they matter.
- Watch for subtle digs and throwaway comments. Bring them out in the open.
- Match your communication with the needs, character and 'live feeling' of the person on the other end.
- Use your emotions to decode your needs, work out how to fulfill them yourself, then communicate clearly how you need people to act to assist you.
- Share your successes and point out good things about others. Be honest if things are not so good but don't dwell on it. Be quiet if you have nothing to say.
- Drop your stories. Spot where you are perpetually repeating yourself and deal with the issue.
- Keep people who are important updated. Tell them what you are doing. Honour the bond of affection.
- Check in with those who are involved or will be affected before doing something big. Your actions must align with those in integrity who you are co-operating with.
- Say no, even if it makes you feel uncomfortable.
- Communicate directly with the person concerned if you have a problem. Tell them what you need them to do and hold them to your request.

Collaboration.

- There is always more power in the group, if the group is healthy. You don't have to do it all yourself.
- You know you have the right group when there is care for you as an individual and you can always retain your personal sovereignty.
- Keep strong boundaries. Stay in healthy control of your own time, space and personal affairs.
- Empower rather than help. Model and encourage - but don't do it for them. Draw the line quickly if someone starts using you to work out their issues.
- Know who you can trust: who to tell and associate with and who not to.
- Decide and clearly voice what you want at the beginning. Take time to investigate this, before working with others. Don't leave it to the process further down the line to find out - then have to withdraw or disconnect.
- No consensus? Don't wait or try to change people. Simply move on and find more of your own tribe.
- Look at who is telling you to do something, not at what they are saying. First impressions count. What is their vibration like? Are they looking after themselves?
- Check any practitioner only deals with their own source connection. Ask them if they have addiction issues.
- Hold people accountable for their actions and demand respect.

Taking responsibility.

- Remember you're the one in control. Stop blaming others and stop blaming yourself.
- If you take it personally, ask yourself why. Check there's no unhealthy dependency operating.
- Take an inventory. What do you keep on doing that you don't want to? Find another way. Everyone can have the life they want - there are no exceptions.
- The quality of your life is in your own hands. You have to make sure things happen in the right way - no one else. Ask questions. Research. Communicate. Think out the options and their practical consequences.
- If you can't handle substances ... minimise or avoid them.
- If you are addicted, take your power. Admit it, go and get professional help and ask for others' support. The question always is: can I take it or leave it? Can I live without

it and still be who I am?

- Get proper support. Don't overstretch your friendships. Work out issues away from work colleagues, friends and family. Take more time for yourself to reflect on what you want and maybe see a therapist or bodyworker.

Time-space mastery.

- Be vigilant. Train yourself. Watch out at all times for the very subtle feelings you usually miss, override or dismiss and put them in the centre. Amplify and act on them as your priority.
- Act from the firm foundation of what you have and what you know, rather than what you don't.
- It is better to risk trying on your own, than relying on someone else's experiences which are never yours. You will always learn from what happens and can course-correct any time. There's just better choices.
- Start with the overview. Register your space in conjunction with all of your deadlines. Attend to these first however much you don't like doing them.
- Plan your space and time, taking into account your obligations, and work with both structure and natural unfolding - not just "going with your feelings" or only using your mind.
- Always set a deadline by which you want something done. Don't let anything control you.
- Prevaricating? Work out why and resolve the issue or cut out the dead wood and drop it.

Making decisions & advice.

- You have to find your own answers.
- The universe never tells us what to do because we are free. It is your job to choose and make your decisions. It's not about being told the answer by somebody else.
- You know you've found the answer when you have no doubt. If you're mentally trying to work it out or wondering if you've found the answer, this is a sign you're still not

certain and that action is not ready.

- Sometimes we don't know what to do. If there is no time limit or urgency we can wait; meditate on it; get more information; or seek the help of a qualified professional. Sometimes an obvious pathway opens up or something happens internally or externally which helps us to choose.
- If nothing happens, you don't need additional help right now.
- If there is a time limit, make the very best decision you can that moment and then revise later. You can use the databank of your previous experience combined with a very solid and practical 'working out' of whatever will not seriously compromise you, emotionally and financially.
- Know what you feel. Advice is others' past experiences. It is only useful where it brings you back to yourself and helps you to find "you".
- It's fine to tell others what to do. They don't have to listen.
- It's fine for others to tell you what to do. You don't have to listen.
- When others insist they are right, they may well be right, but you have to know it yourself.
- A healthy person will always state what they know, with no strings attached. They will give you the space to go through your own process and simply leave you to decide for yourself.

Clean & clear your home.

- Claim your environment. Know its spaces, characteristics and physical boundaries. Clean it.
- Don't allow things to pile up. Keep it moving. Mend or renew anything broken.
- Remove old, unused and superfluous personal possessions, including sentimental objects and clothes. The point is to be entirely embodied in the present.
- Artefacts are best put in a charity shop or can be sold if you have the time to arrange this.
- Only give them to other people if you genuinely feel they would benefit as the object can burden them.
- Get rid of superfluous photos. Burn old pictures, just keeping a few very important ones. In quadrality, your link with people is through your immediate body feeling and

heart connection.

- Put your house into the Reboot group. Call a dowser to check your property.

Digital & personal affairs.

- Minimise the use of, and dependency on, digital devices as far as possible.
- Always ensure the digital obeys you rather than controls and entrains you.
- Switch them off at night and place them far away from you. Never wear one on your body.
- Upgrade your digital skills where necessary to retain personal autonomy.
- Upgrade your cybersecurity awareness in order to preserve the integrity of your personal data.
- Go through and delete / clear all old, outdated, non-useful files, physical and digital. Say goodbye to all backdated paperwork, computer files and hard drives which are no longer necessary.
- Delete / close all old online user, email, and bank accounts.
- Organise, structure and accurately label what you need to keep in a secure area. Make an offline backup.
- Check all your usernames and passwords to make sure they are current and working. Make sure that you have them safely encrypted with a backup.