

## More not less.

Maximise what gives you joy and excitement.

- Keep company with those who function the same way.
- Never do something you don't want to do, especially for the money.
- Be honest. Don't cover up for what you are not doing or can't do.
- And always tell people what you are feeling.

## Take control of your life.

**Go in the direction you want to go** - with the momentum that is already unfolding - and actively steer it towards better and better things. Use every life experience to choose again. What would you do differently next time? What do you need to do to make sure that anything undesirable, can never happen again?

**Take responsibility.** It is your job to develop, oversee, and understand your own process. You have to make sure things happen in the right way - no one else. Ask questions. Communicate. The quality of your life is in your own hands.

**Check in.** Do this with others who are involved or will be affected before acting on a big decision. Your actions must align with those in integrity who you are co-operating with.

**Find your own answers and collaborate with healthy others.** You don't have to do it all yourself. There is nothing wrong with working with others as long as you always retain your personal sovereignty.

**Act from the firm foundation of what you know ...** It is better to risk trying without the whole picture on your own, rather than relying on someone else's experiences which are never yours. You will always learn from what happens and can course-correct any time.

## Reset.

**Decide and clearly voice what you want.** Take time to investigate this, before embarking on any process or collaboration. Don't leave it to the process further down the line to find out - then have to withdraw or disconnect.

**Spend time in silence.** Give yourself enough rest and relaxation - then join others. Sleep more and take time out. This is where you recalibrate the fastest: you can feel deeply tired at times.

**Do exactly what you say.** And only say what you do.

**Start from 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 be on time and build in a contingency.** Your ability to control time and space demonstrates the extent of your purification.

**Face your fear.** This is where you are being controlled. Work out a course of action which cancels out every single possibility of you being in a situation you don't want to be. Take concrete steps to release any thing or one who has a hold over you.

**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.

**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 or see a therapist or bodyworker.

**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 - could I live without it and still be who I am?

## Around others.

**Observe.** 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? Do they have a huge ego even though their skills are good? Check that any practitioner deals only with their own source connection. Ask them if they have addiction issues.

**Keep very strong boundaries.** Don't do anything which demeans you or that you don't really want to do. Say no, even if it makes you feel uncomfortable. Where there is no consensus, don't wait or try to change people. Simply move on and find more of your own tribe.

**Communicate directly with the person concerned.** When you have a problem think about, then tell them, what you need them to do and hold them to your request.

**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.

**Take responsibility and drop your story.** Simply be quiet, or switch to sharing your successes and pointing out good things about others. Everyone can have the life they want - there are no exceptions.

## Making decisions.

**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, we don't need additional help right now. If there is a time limit, all we need to do is make the very best decision that we can that moment and then revise later. We can use the databank of our previous experience combined with a very solid and practical 'working out' of whatever will not seriously compromise us, emotionally and financially.

**People may offer you advice.** There is nothing wrong with this. That's because you have the final responsibility about whether to follow this or not. Their advice is always out of their past experiences and decisions - not yours. Sometimes you may agree with them, but that's only because what they're saying, has brought you back to yourself. That's the value of others' opinions. It helps you to find YOU.

**When others insist they are right.** They may well be right - but this is not the point. You don't know yourself. If that person allows you no space to go through your own process, they are trying to control you. A healthy person will always state what they know, with no strings attached. They will simply leave you to decide for yourself.

## Clean & clear your home.

- **Spring clean all spaces in your home.** Mend or renew anything broken.
- **Remove old, unused and superfluous personal possessions.** Including sentimental objects and clothes. Artefacts are best put in a charity shop or can be sold if you have the time to arrange this. It is best not to give them to other people unless you genuinely feel they would benefit - as the object can burden them. The point is to be entirely embodied in the present.
- **Get rid of superfluous photos.** Burn old pictures and just keeping a few very important ones. In the purification space, your link with people is through your immediate body feeling and heart connection.

- **Put your house into the Reboot group for a clearing.** Call a dowser to check your property.
- **Go through and delete / clear all old files & paperwork.** Say goodbye to all backdated paperwork, computer files, hard drives, emails and accounts which are no longer necessary. Organise, structure and accurately label what you need to keep in a (relatively) secure area.
- **Check & update all your usernames and passwords.** They need to be current and known. Make sure that you have them safely encrypted. Also delete old user accounts online.