

Walking Your True Path

Daily Practice

- Remember who you really are: merge with True Self and its Symbol (1 minute).
- Merge with the essence of your Empowering Spirit, if you have one (1 minute).
- Breathe. To calm yourself, hold the exhale a few counts longer than the inhale.
- Meditate or follow some similar stillness practice (even 3 minutes helps).
- Follow body basics: Eat life-sustaining foods. Exercise. Rest. Laugh often.
- Monitor your thoughts and emotions to disengage any looping or reactivity.
- Sing. Dance. Drum. Play. Be silly now and then.

Whenever You Can ...

- Journey about once a week.
- Continue to deconstruct unhealthy habits, addictions, and patterns.
- Foster new, healthy "habits."
- Let go of the past, forgiving yourself and others when appropriate.
- Heal separation by
 - spending time in trance to restore one-ness;
 - doing things to connect and balance your mind, body, emotions, and soul;
 - getting outside, connect with the rest of nature; and
 - creating community, having that sense of belonging to a group of people.

Cut Yourself Some Slack ...

- Most of the time, the level of toxicity we're putting out is minor.
- Most of us are not as fragile as we sometimes think we are.
- No one is perfect, and you don't need to be either.
- Insisting on perfection is itself a toxic thought.
- It's as simple as, hey, if I make a mess, I can clean it up.

... And Keep Going!

- Persistence pays; this work gets easier and faster with practice.
- As more of us do the work, the larger energy field has less toxicity, and the power of the cultural spell gets weaker and weaker, making it easier for us and everyone else to do this work.