

HOW TO

(designed to be easy and quick)

1) Print pages 2-4 of this document.

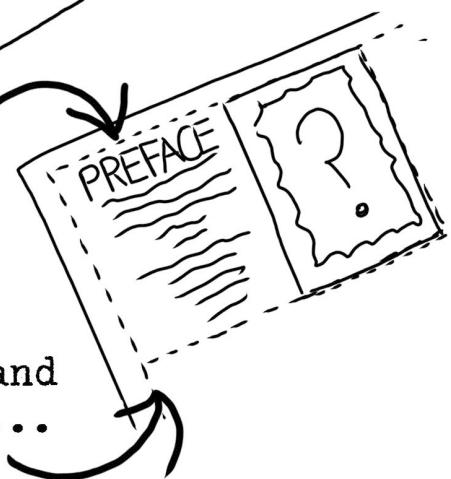
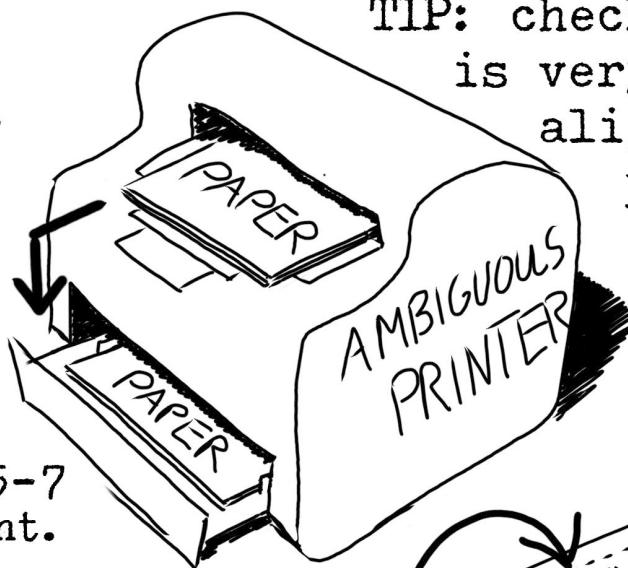
2) Once all sheets have printed, take the pile and move it into the paper tray, without rotating or flipping it.

3) Print pages 5-7 of this document.

4) Trim the edges along the dotted line, without losing the order and orientation of the pages.

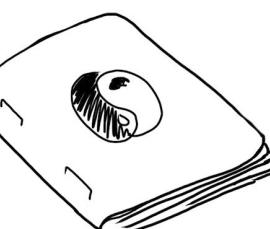
5)a) With the pile in front of you and the PREFACE in the top left corner...

TIP: check the paper is very centrally aligned in the paper tray.



5)b) Cut the trimmed pages into 4 quarters following the dotted lines and edges of the pages...

5)c) As you cut them out, add each page on top of the pile. The order is:
top-left, top-right,
bottom-left, bottom right,
next page, repeat.



TIP: if you lose the order, just refer to the online version!



..Finished! Or rather, just getting started...

PREFACE:

This is not the thing.
The thing is in you.

This is only a paper mirror.

Treat this as you feel to.

This has been designed as something you do, rather than something you read.
There is much between each page, a distance crossed by feeling and doing, not just thinking.

The more you put into this, the more you may get out of it.

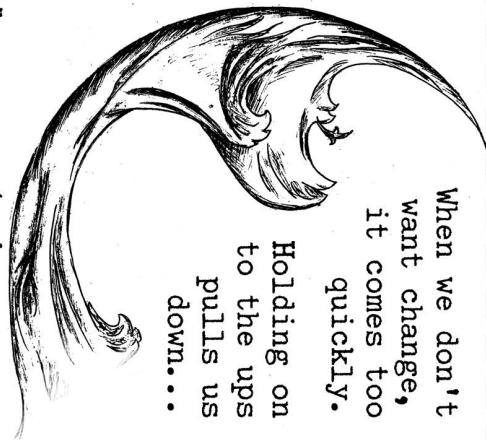
Having something to write answers and musings is recommended; a notebook or journal you can come back to is ideal.

There is some space at the back.

Everything herein can be ignored, doubted, criticised, avoided, modified, or reproduced as you feel. Especially it should be, because it is definitely trying to brainwash you.

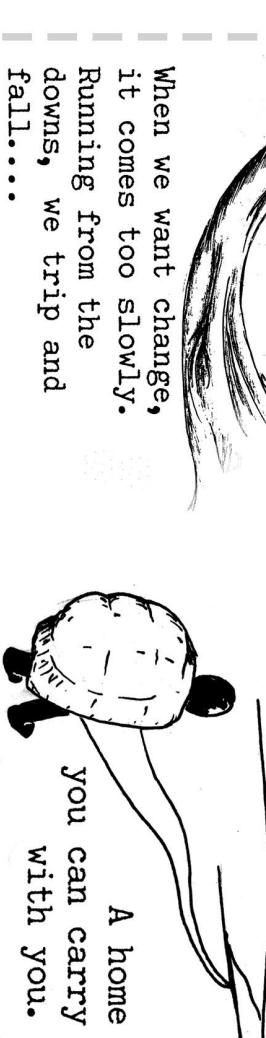
All declarations ask not be mistaken for attempts at objective truth.

This is for you.
Do with it what you will.



When we don't want change, it comes too quickly.

Holding on to the ups pulls us down...



A home you can carry with you.

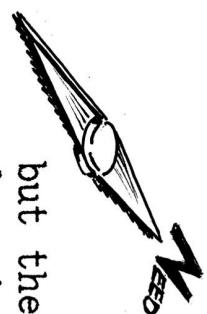
When we want change, it comes too slowly.

Running from the downs, we trip and fall....

Don't know what the future holds?



No one has ever lived your life. There is no road map. Being uncertain, is being open, to inspiration, to intuition, and change.



It's ok to not want to feel certain things

but they do point us to something.

We are free to choose when we want to deal with them.

Forgive yourself

More self-love-in-action

Feel, and do as you feel

Find people who accept you and don't hang around in loveless places

Dive into what you love doing. Notice your needs and take care of them

Treat yourself, do for yourself what you might do for others

STOP, take a break from life when you need to

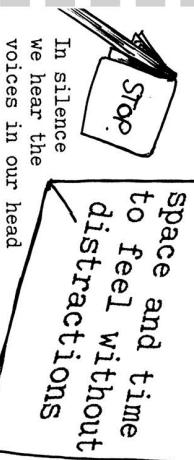
Say 'Yes' - be spontaneous when a feeling comes

Face your fears, choose to feel the fear

TOMORROW

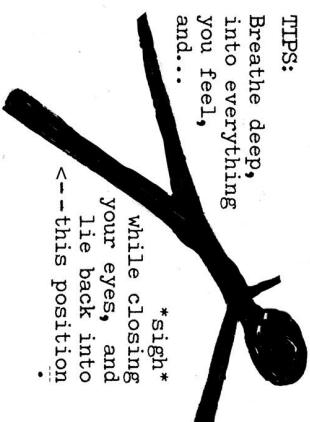


TOOLS to lean into whatever is happening



'PUT THE KNIFE DOWN!'

To let go.



Breathe deep, into everything you feel, and... *sigh* while closing your eyes, and lie back into <--this position

TIPS:

For Judgement, Shame, Confusion, Exhaustion and a noisy mind:

Accepting of feeling of not whatever comes up. Breathe (no expectations) into it.

Accepting of not feeling anything

In silence we hear the voices in our head and heart clearer, especially the things we don't want to feel.

Let go your idea of you...

Allow your thoughts and emotions to go where they go.

It's often longer

and more

difficult to go through them, than we'd like it to be.



'EMOTIONAL CLEARING'

To have breathing space.

For Stress, Panic and Feeling Overwhelmed:

Let yourself be absorbed by sensation

TIPS:
-15-60s cold shower
-Hot bath, music, dim light
-Focused Exercise
-'in the moment' Sex
-Mindless Dancing
-Massage
-Sauna ...

Do you love them for who they are, or who they try to be?

Who

are you when you're not trying to be anything?

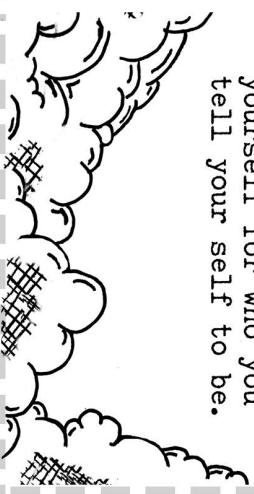
(TIP: Think of your favourite moments)

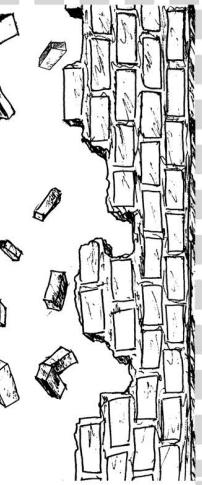
It's ok. Whatever you think you should be/feel, let yourself be/feel the opposite.

Allow yourself to be what you're afraid to be, don't force it.

You can't love yourself for who you tell your self to be.

THE VOICE OF...





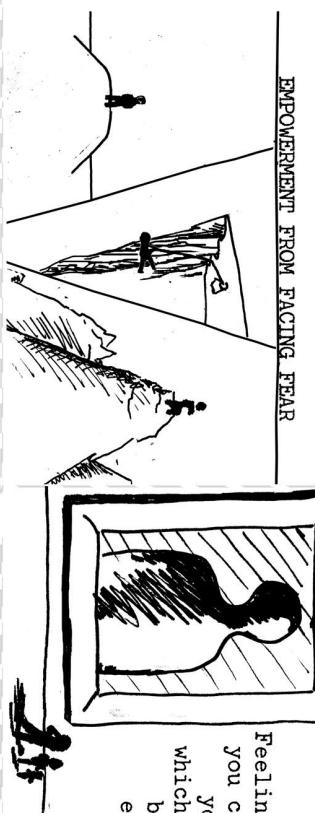
What do you think of yourself?

Do what you know you can
↓
Believe you are capable of what you already do.
Do what you don't know if you can
↓
Believe you are capable of more than you think you are.
Do what you thought you couldn't do.
↓
Believe you are capable of more than you think you are.
Feel limitless.
Be Free.

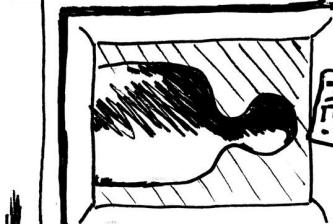
We believe the things we believe, most often because they make us feel good about ourselves.
That's ok, but sometimes they get in the way of us feeling what we need to feel.
Feeling brings you closer to yourself, which may not be as you expected.

...fully accepting the possibility:
of it not being true,
of you not being that,
of yourself without that relationship,
without that role or label or characteristic,
without being who you thought you should be?

Letting Go



EMPOWERMENT FROM FACING FEAR



Feeling brings you closer to yourself, which may not be as you expected.

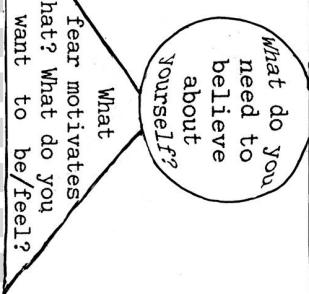


What idea or belief about yourself, or the world, says:

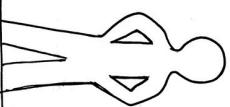
'No, you shouldn't feel this way.'

'No - you can't be that.'

'No. It's not true... ?'



What do you value about yourself?

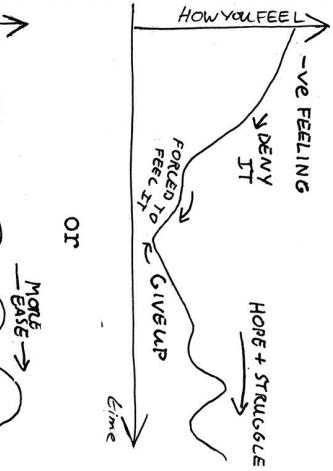


-when feeling tension-

For Alone, Sad, Small:

WORTHLESSNESS

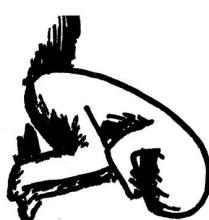
To let the world fall away



It's difficult, but in the long run, it's worth it.

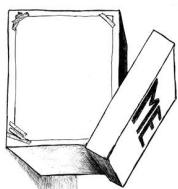
THERE ARE
NO WRONG
WAYS TO
BE YOU

It almost never looks like it will be ok to let go. But the only way out is through. Trust, in the you that is trying to come through.



TIPS:
Curled up
In the shower
In someone's arms
In a warm bed/den/nest

Whatever we do, we form an idea of our selves - our identity.



This identity becomes an expectation; an idea that makes us feel we 'should' do/be something, or convinces us that we cannot.

We don't need it, to do what we really feel like doing. To be how we really feel to be right now.

Eg.
I can feel to create when I don't have to be an artist.
I can best care when I can choose not to.
I can find contentment, when I don't have to be a happy person.

What fear/challenge had you just faced?

When did you feel most empowered?

Life will ask of you what you feel most afraid of doing/being/feeling; so you can be/feel/do it and become free.

Self-worth



Idea of your self + validation

Feeling good about your self
for being who you expect your
self to be.

Feeling good about your self + validation

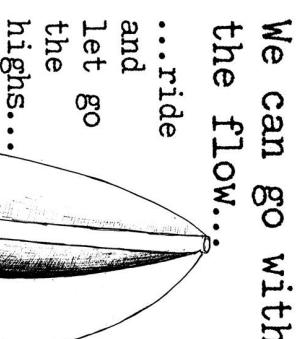
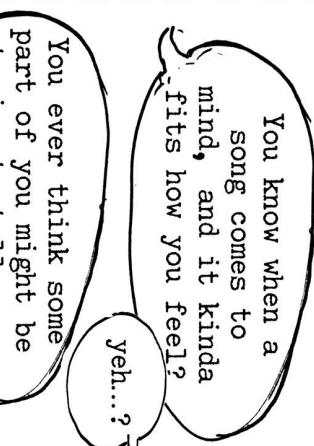


no one else sees?

What do you feel
that you think
no one else sees?

What do you
struggle to forgive
yourself for?

What do you fear
that you are?



We can go with
the flow...

...ride
and
let go
the
highs...

...
and
lean into
the lows.

That doesn't mean it's
always a smooth ride

FREEWRITING

Try writing without
a filter; just a
flow of unjudged
thoughts. There is
no way to do this
wrong. Trying to do
it wrong can even
help. Be you without
limits, even if only
for a moment. Follow
whatever comes up.

TIPS:
Open space
with no
f***s
given, to free
yourself.

High place

Put your

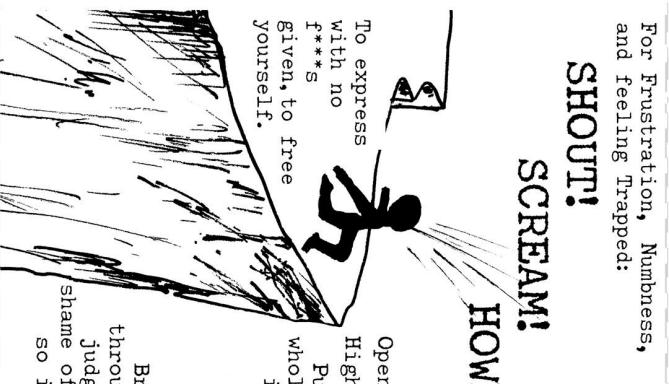
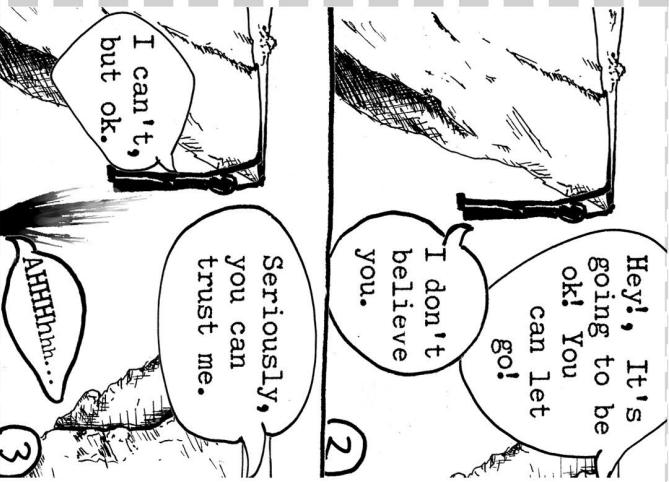
whole body

into it

Breaking
through the
Judgement/
shame of doing
so is part
of it

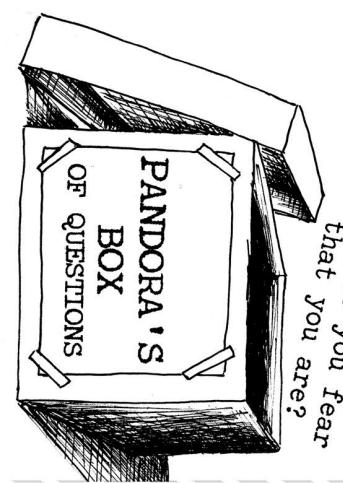
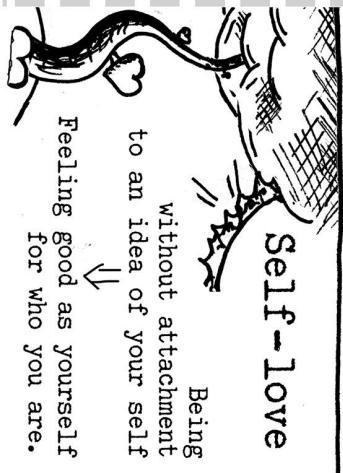
Who do
you love?
What
moments
do
you
love
them for?

Do you
ever do
those
sorts
of
things?



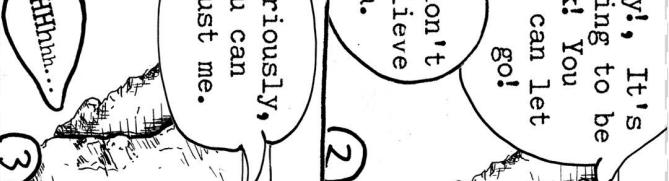
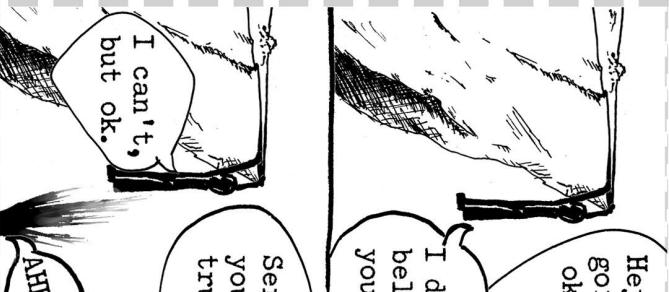
For Frustration, Numbness,
and feeling Trapped:

SHOUT!
SCREAM!
HOWL!

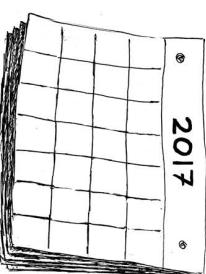


Being
without attachment
to an idea of your self

Feeling good as yourself
for who you are.



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Was this
year as
expected?

What about this month?

Expectations Exercise: (to embrace uncertainty:)

MORNING WRITING:	EVENING WRITING:
What do you expect to happen today?	What actually happened?



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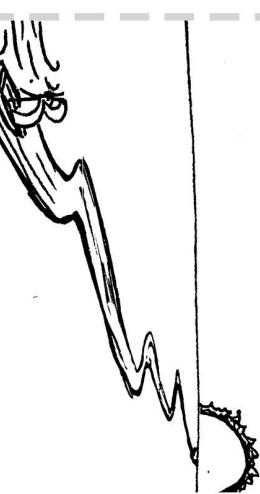
- Letting go
- + other tools
-

How do I Love Me?

Does life go...

The journey is
never over.

What was the
last positive
change/
growth
in your
life? X



How
difficult
was the
bit before
that?

You are
always you
Even letting your 'me'
go, you are you
underneath.

HOW DO I
BE ME?

SPOILERS

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Maybe it's not about
controlling it, or
knowing what's next,
but changing with it.
Maybe we need the rhythm
of the up and down?

BAND
DOWN