

HOW TO

(designed to be easy and quick)

1) Print pages 2, 3 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 4, 5 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...

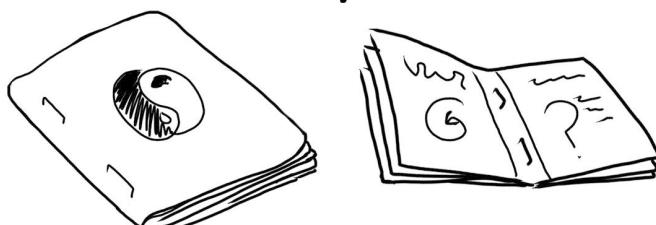
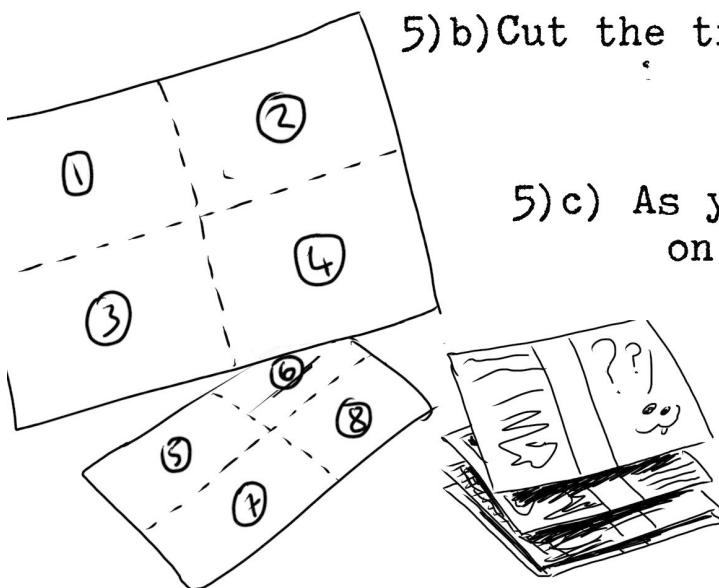
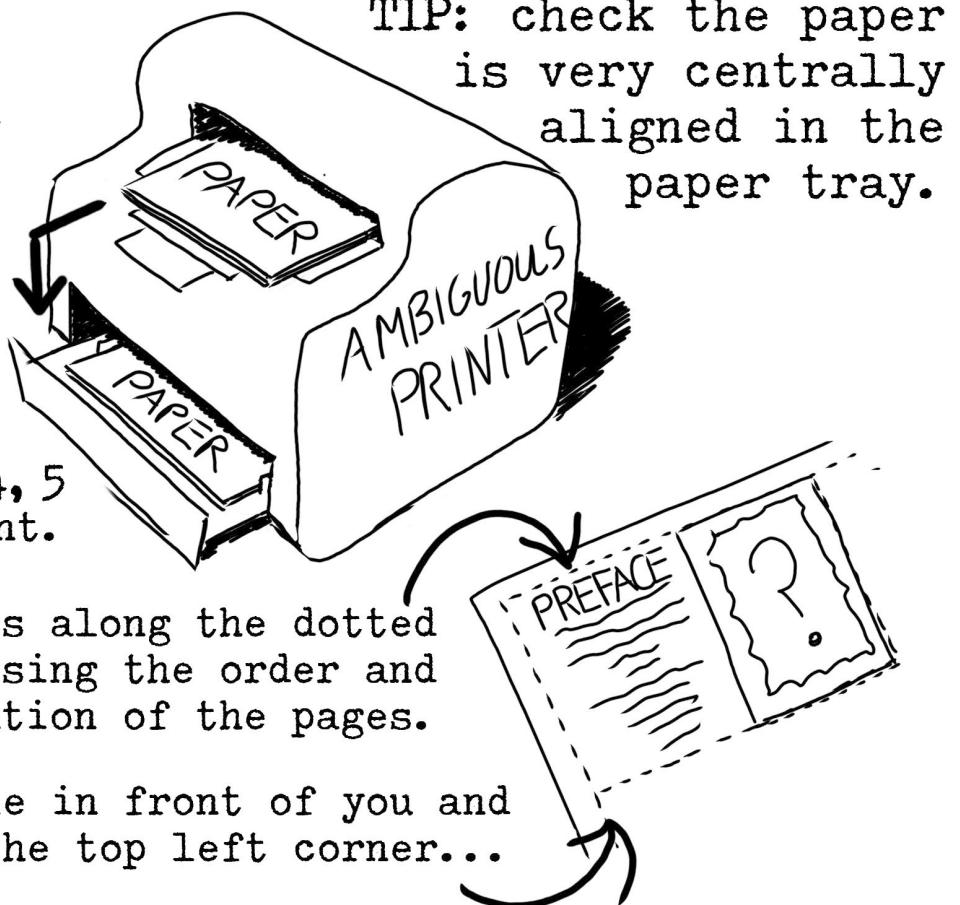
5)b) Cut the trimmed pages into 4 quarters following the dotted lines and edges of the pages...

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.

6) Fold the pile in half, and staple/bind it in the centre, or at the edge.

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.

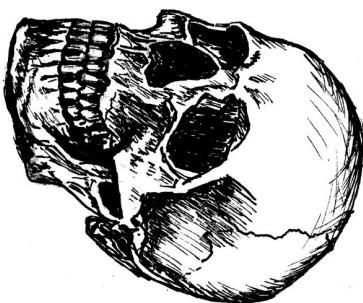
The more you put into this, the more you may get out of it.

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.



DEATH

The all-time big check out.

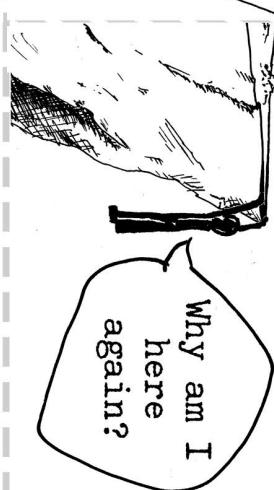


NOT GIVING A F***

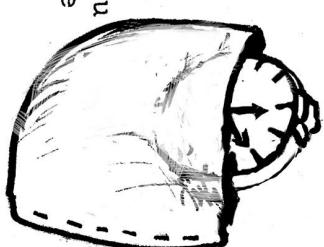
What's been weighing on your mind lately?

We create our meanings and values, but they can often weigh us down.

Tearing up the script by doing whatever gives the least f***'s can be powerfully freeing. Even one hour of f*** can give space to feel like caring again.



How many of us are driven to even suicidal thoughts to escape the pressure and pain of feeling human in today's world?



In these moments, we just happen. Without judging ourselves so harshly.

Life is contained in now, as we embrace change and balance.

...and that we can choose to.

What's yours?

How many of us have a form of escapism?

Drink, Sex, Drugs, Control...

What's yours?

It has no 'shoulds'.

How freeing is it to not have to think/fear/try?

When was the last time you left civilization behind for a while?

TOTALLY GIVING UP

I don't mean complaining, this means fully letting go.

Ok, it's not much more appealing that the last option, at first.

Have you ever been overcome by your emotions to the point of absolute desperation? In the dark times, when you finally give up, something changes.

-Walking just to walk
-Being on a train just to be on a train
-Dancing just to dance
-Reading just to read
-Painting just to paint
-...

Anything, where it's not the goal, or the destination, but the going.

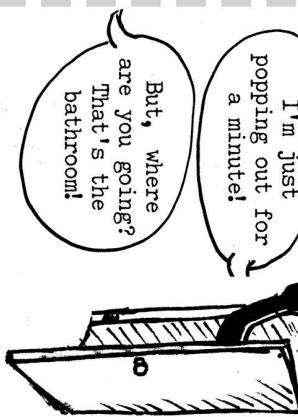
What do you love to be doing?

NATURE

...is silent. it doesn't try to make you into anything or tell you what to be.

CONSCIOUS ESCAPE

Making a space of sensation.



Do you want to just disappear sometimes?
Rather than obliterating our minds, or distracting ourselves to not feel, we can create a moment where the world seems to fall away.

Nest/Den	Dissapear
Place: at home	Place: Shower, Bath, Under the covers, in someone's arms.
Prep time: 10-20 mins	Time: 10+ mins
Tools: Blankets, Bed Sheets, Soft things, Lighting, Music	Position: curled up/Limp, eyes closed.
	Feeling: Worthless
Full Exersion	Sex
Activity: any physical activity	Place: in private, probably
You enjoy	Time: Well...
Aim: Full bodied, focused	Position: whichever you feel like
Attitude: push yourself a little	Mood: Mindless, absorbing, communicated

UNPLANNED TRAVELLING

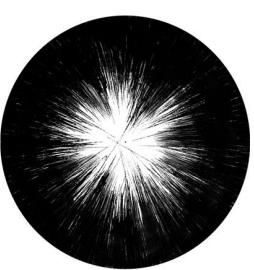
Time where nothing is familiar, In where everything is changing. In this you can feel unattached to anything.

The unexpected is suddenly everywhere, and life feels lighter.

It starts, the moment you just go.

So, what are you waiting for?

- Month 1:
- 1: Start
 - 2: Continue
 - 3: Change
 - 4: -?
 - 5: Maybe go there
 - 6: Stop if I feel like it
 - 7: unexpected occurrence



Suddenly relieved from the weight on our shoulders, we are free. In this lightness, we have a fresh energy for living. Even 10-30 minutes of wholly giving up can be effective breathing space.

Have you ever survived an unexpected encounter with death? Facing death we give up all expectations and attachments.

FREEDOM FROM 'NOT'

Consent is based on feeling free and safe to say 'no'.

The freedom to not

'^(INSERT WORD)';

is the space to
'^(INSERT WORD) freely'
eg.
love
speak
sex
be
live...

When struggling with a choice, try giving yourself full permission to 'not', and then choose.

CONSENT TO LIFE

Did you choose to be alive?

Do you consent to carry your values and meaning all day every day?

Here's a few tools for taking some space.

Good luck.

I hope you choose as you feel.

The (I) Do

- consent to life -
'toolbox'



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PLAY

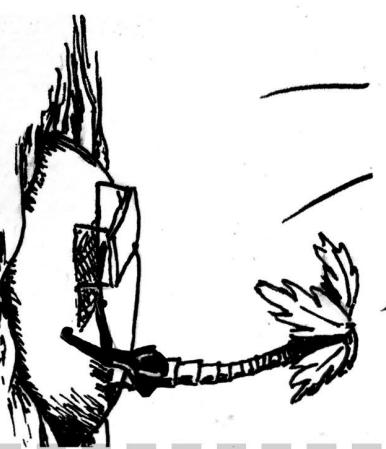
When was the last time you did something just to do it?

In play, we feel light; for a moment all of life can be a game.

Make up a game:

"Hey,
I've got a game,
it's called:
<INSERT WORD, ACTION
OR OBJECT HERE>"

It's ok to
need a break
from life
sometimes.



DEEP STOP.
Eyes Closed.
Be Still.
Breathe.