

PLEASE

DON'T

READ



THIS



Uh oh.

Last chance.

THIS STUFF CAN'T BE UNREAD.

OK THEN...

Step 1:

Accept that control is an illusion and you are addicted to it.

You are being programmed, and have been long before you had any say in the matter. Embrace the fact that you are not entitled to anything and the plans you make are simply diversions from reality.

Step 2:

Quit your addiction to the illusion of control.

Once you're thinking clearly, help your fellow humans do the same.

Truth is the most compelling tool at your disposal - seek it out and pass it on.

Step 3:

Offer clarity, not solutions.

Your role is not to solve other people's personal problems - that would be depriving them of learning the lesson waiting inside every failure. If you want to be useful, share what you see, from where you stand, with no attachment to any outcome.

Step 4:

Consider your attachments carefully.

Choose which ones you're willing to suffer for. Your job won't visit you in hospital. No matter how good you are at what you get paid to do, you're always replaceable. At best, everything you 'own' is only a rental until it gets lost, broken, stolen or left to your kids, should you choose to have any. As the saying goes, the things you own only end up owning you. That's why they're called the trappings of wealth.

Step 5:

Honour the attachments you've chosen.

You will share the path from birth to death with many people. Every one of them is there for a reason. None of them are there for long. Learn everything you can from each other.

Step 6:

Embrace the present.

Time is always running out. Until someone finds a way to bend it, break it or block its passage, all we know is that a) everybody gets some and b) nobody ever knows how much anyone has left.

Step 7:

Be patient with yourself and others.

As far as we know, we only get one life. That means this is everyone's first rodeo. Hold on tight and offer each other encouragement, instead of criticism.

Step 8:

Listen to your body.

Remain aware of your energy levels and take steps to elevate and sustain them. Avoid meat, sugar, alcohol and tobacco. Drink more water than you think you should. Your health is all you have, so put it first.

Step 9:

Remain vigilant.

The programming that keeps us addicted to the illusion of control is evolving. Its evolution is paid for by people who wage wars and propagate inequality. Their motive is profit. Their weapon is distraction. Their methods are sophisticated. Embrace truth. Pursue clarity.

Step 10:

Find your purpose and get to work.

Nothing is certain. Nobody knows what they're doing. All of this is temporary. Everything that has happened to you has brought you to this exact moment, for a reason you might never understand. And that, is OK.

Now, **please**, don't pass this on.