

QUESTION DUALITY

NEO-TOLTEC LANGUAGE GAMES

INCLUDING **(S)TALKING,**
INDULGE YOUR INTELLIGENCE
AND **ACTIVISM 101**

BY MO LOHAUS

ISBN 978-0-9881714-0-4

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LOHAUS@PROTONMAIL.COM
WWW.MOLOHAUS.COM

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FOREWORD: QUESTION DUALITY

This book presents a consciousness practice and self-programming language, *(S)talking*, and two apps composed in it, *Indulge Your Intelligence* and *Activism 101*.

Nietzsche noted that we avoid giving ourselves goals and exercising our sovereignty; that we turn to a range of external authorities to avoid the responsibility of commanding ourselves.*

Guiding our own consciousness by writing, directing and producing the neurolinguistic program that assembles our reality does the distasteful on the way to the unthinkable.

We hardly realize what we are doing.

As long as it is just a game, it seems safe.

* *The Will To Power*, First Book, Section 28. *The question of nihilism "to what end?"...*

(S)TALKING

FOREWORD: (S)TALKING

Civilisation is miserable, and fitting into it makes us too. Using its conceited language fills us painfully with poo; constipating us with assumptions, bloating us with euphemisms, and begassing us with opinions. Escaping its stink has been a spiritual priority for thousands of years.

Central American metaphysicians known as Toltecs pioneered extensive consciousness practices, two of which, not-doing and stalking, are adapted and integrated here. Not-doing reorganizes perception by restructuring its priorities. Stalking observes, itemizes, analyzes, disrupts, and redirects behavior.

Any behavior, conscious or unconscious, can be stalked. Interpreting reality is a behavior. It can be changed. How we talk governs how we think, how we think governs what we think, and what we think governs what we experience. Not doing what we usually do—talking routinely—sets other alignments in motion, assembling new realities.

(S)talking is both stalking and not-doing talking. It breaks assumptions about what is happening and makes the process of scripting experience intentional. Using inner dialog to selectively erase and intentionally reorganize itself coaxes conceiving to recede and perceiving to supercede it. Talking and thinking through unusual structures changes our description of the world, what we recognize, and what we interact with.

(S)talking breaks rules, changes how we play, and awards unexpected prizes. Turning how and what we think into a battleground

of discernments and decisions uproots
definity and shakes loose infinity. Storing
energy usually wasted asserting identity
and defining reality rewires us for higher
voltage and makes room for experiential
girth. Refusing dualistic narratives helps
conceiving consolidate and perceiving dilate;
producing pleasurable pulses of immediacy
and lubricating receptivity to ecstasy.

Withdraw from formality and zombie normality:
Invoke the silence before thought. Prioritize
the perceiving before meaning. Abstain from
defining, refrain from self-referencing, and
restrain inner dialog to potentize agency.

Firm up your diction: Heal your flaccidity
with decisive lucidity. Empty your mouth,
realize your meaning, and ignite into living.
Pull off civility's sad rubber numbness
and delight in life's intimate mystery.

BASIC MOVES

(S)talking plays three moves consistently:
Use gerunds, Speak in commands, and Use
I-statements.

A gerund is an activity referred to as a thing, e.g. talking, complaining, setting, using, etc.. Using gerunds accomplishes several goals at once:

Conducting an inner dialog sets and maintains an emotional position centered on self-pity and self-importance; the position from which most civilized human perception and conception are assembled. Stopping the inner dialog releases the usual position and invites new ones, where perception and conception can dilate and focus on events usually inaccessible.

Defining what is happening, who I am, and what is real are central to conducting the inner dialog. Acknowledging what is happening, by using gerunds, puts listeners at ease. Referring to activity—“Sitting here talking...” —seems to confirm and adhere to what humans normally do: stabilize our perception, and set and maintain a familiar and comfortable emotional position.

But using gerunds shifts conversations to the impersonal by referring to activities that have no necessary connection with anyone’s hallucinated identity or importance. Using gerunds refuses to acknowledge identity, invites conversational participants to release attention and emotion from how we want to be perceived, and uses the interaction as an opportunity to first conceive then perceive more freely and fluidly.

Using gerunds to establish what activity is happening is a move from hypnosis called 'pacing.' Pacing gives the listener worthless bait to review and approve, like "Sitting here talking...." The listener reviews and approves the statement, thinks "That is true" and accepts additional communication. Every true statement builds trust, responsiveness, and receptivity to being commanded or directed.

Talking about activity seems non-threatening. Even those who jealously guard our emotional setting can talk about activities in the abstract without launching into subconscious self-validating, feeling important, or getting-more-attention-and-emotion-from-others-than-they-get-from-me-in-order-to-feel-powerful-and-in-control. Using gerunds shifts focus from what we say is happening to what is happening, and from who we say we are to what we are doing, and able to do.

So does speaking in commands. Speaking in commands gives the listener's body a jolt by telling it what to do. Speaking in commands activates will, and emphasizes will, not reason, as the center from which we connect and perceive.

Since decisions are made emotionally, not rationally, with the body, not the 'mind,' speaking in commands efficiently shifts the attention of the listener to their own body, and out of the sticky, recursive fantasies of mind and identity. It cues one-in-other to get real, get here, meet as bodies, and do things.

Cuing ourselves in this way, by giving ourselves commands, has even bigger payoffs: jolting us

out of the self-importance and self-pity that can paralyze us permanently; setting our intentional transformation in motion and building its momentum. Telling others what to do may feel powerful, but telling ourselves what to do and doing it is true power; being able to put aside the neurolinguistically programmed ‘identity’ we have rehearsed, and whose pathways inhibit us, and being able to improvise and sustain more effective perception and behavior.

Using I-statements is similar to pacing. When I say “I notice in you what I need to see” or “I am speaking to and for myself” you repeat the sentence to yourself and try it on. If it fits, you keep it—and feel more connected and cooperative than before. If it does not, you say “Well, that’s just him.”

This is more strategic and effective than saying “You notice in me what you need to see”—to which many of us respond defensively, with a single finger, and break off interaction. Especially in long strings of statements, using I-statements allows the listener to integrate new information easily without activating identity or duality.

I-statements can be conversational Judo throws. In the hands of a (s)talking mistress, we do not know who the subject of the sentence really is, and are guided to make catalytic connections of consciousness. Bypassing identity, that restricts awareness to what reflects it, launches an inexhaustible journey of discovery.

HEAR HERE

Hear here.

Now? Now.

What do I hear? Where am I now?

Listening stops my talking. Listening stops
my thinking. Listening for the sounds of life
I find the way back to presence.

Listening to the sounds around me—to the
engine, the conversation, the traffic, the
computer, the wind, my breathing—resets
me in silence.

I listen out then listen in: I listen to my
talking, listen to my thinking, notice what I
am saying, acknowledge and release it.

By hearing through my headnoise,
debriefing and discharging it, I reach the
sound of now.

WHO IS I?

When honest about thinking, I don't know who thinking is. When honest about feeling, I don't know what feeling is.

Who is thinking? Who is I?

What is feeling? What is I?

Feeling happens from both outside and in: Your afraid becomes my afraid. My happy becomes your happy.

Thinking does this too: Your idea becomes my idea. My perspective becomes yours.

Is I thinking? Is I tuning to the thinking? Or is I being thought?

Am I making feeling happen, or is it just passing through me?

Who is I?

What is I?

What is doing the experiencing here?

Until that is settled, *I am* is in question and out of the question. So I is stepping out of definity back into infinity.

HEADNOISE

Aloud or silent, inside or outside: I is talking to and for itself.

I may be talking to you, but I is talking to and for itself. I may be listening to you, but I is listening to and for itself.

What I is saying reveals me.

What I is hearing reveals me.

I is answering questions and solving puzzles, revealing pieces and fitting them together by noticing what I am saying and hearing.

I hear here, listening for meaning in the noise in my head, acknowledging and letting it go.

When I hear myself saying “I”, “I”, “I”,
I shout “Ai! Ai! Ai!” and let it go.

When I hear myself saying “me”, “me”,
“me”, I sing “Mi, mi, miiiiiiii!” and let it go.

When clear and at peace I is silent.

YOU-TURN

When I hear ‘you’ I ask “You who?”—The ‘you’ you imagine about me, or the ‘you’ I imagine about me?

And when I say ‘you’ I make a you-turn, because ‘you’ reveals me.

I notice in you what I need to see. I notice in you what I need to be. And if my words burn or if they set free, they lead back to me.

What you do does not bother me. I feel bothered by my inability to act effectively. ‘You’ helps me recognize the limitations of my habits and roles.

Compulsively playing a ‘nice’ person may make asserting challenging. I may feel challenged to recognize, articulate or pursue what I want.

Compulsively playing a ‘pushy’ person, I may find trading politeness and kindness difficult. I may find it challenging to put down ‘what I want’ and accept what is being offered.

You don't bother me. I bother me.

I bother myself playing a persona of routines that confronts events ineffectively. I bother myself portraying a rigid character, set in its ways, that takes itself seriously.

I notice in you ways of acting and feeling I rarely practice, that seem uncomfortable to think about but might be liberating to do.

To be honest about what I am feeling and access what I am learning I take a you-turn: I put down 'you' and pick up 'I'.

I put down 'you do this' and pick up 'I feel that'.

'When you do [this], I feel [that].'

When anyone does [this], I feel [that].

Why do I feel [that]?

And how else could I respond?

SPEAK POSITIVELY

I speak positively. I name what I want and I get what I want. What I name comes to be, so I speak myself free.

Every word commands events—or at least how I perceive them. Words I send out come back bearing gifts: What gifts do I choose?

‘Can’t’, ‘don’t’ and ‘won’t’ aren’t happening.

Voicing negativity puts a zero where a one could be.

Complaining attracts crap in an endless drama app.

Negativity and complaining protect me from naming and claiming more. Speaking sincerely and vulnerably, acting persistently, I reach the dream that wants to live through me, honoring and realizing what I care for.

The waiter of life is standing by. The waiter will bring me anything I name, and is doing it now. I can read from a list of things in the garbage, or I can read from the menu.

I can write the menu.

I choose. Life responds.

I AM USING THEM

Somepeople. Mostpeople. People. Them.

“Somepeople carry guns.”

So mine is justified?

“People are dim.”

So I feel bright in contrast?

Talking about ‘them’ hides ‘me’, but only temporarily. Adjectifying them to shine in contrast feels like weak apologies and rational lies.

I feel gross when I apologize or rationalize.

When living my truth, doing what I care for, I have no need for stories about ‘them’. I am free from rationalizing and apologizing, accusing and excusing. When I feel fine there is nothing to say.

When I’m all right we all feel bright: I feel bright. You feel bright. They feel bright. We all feel bright.

Forget ‘them’.

CLOSE ONE I

Close one 'I' and open another: Close the 'I' of 'I think' and open the 'I' of 'I feel.' Close the 'I' of 'I have to' and open the 'I' of 'I choose to.' Close the 'I' of 'I am doing' in order to do. Close the story of 'my life' in order to live.

I am choosing everything I experience, and experiencing everything I choose. I choose to learn from choosing. The more I choose, the fewer choices are made for me. The more I choose, the less I feel forced to do.

By building the muscle of choosing I acquire a momentum of living. Telling self-stories pulls me out of that motion, off the highway, into a rest area of fatigue and despair.

I'd rather be now, choosing and moving, so I close the story of my life in order to live. Living feels far more fresh than recounting, and frees me from lying to make it seem interesting.

OPEN PRESENCE

I live in a math equation, right next to the equals sign. I give and receive in balance.

I feel zero for morality, but feel good doing good. I make charitable donations.

I learned to tax you with the story of me; now I give to you and you give to me.

I give what you may not ask for, but enjoy. You exalt me similarly.

Let love light life.

Open presence opens presents.

DEADLY SERIOUS

'I' can be deadly serious. When 'I' taxes all listeners, hoarding attention and emotion, demanding we care, oxygen gets thin.

I fight serious with hilarious by shitting in its kitchen. On the counter or by the door. On a plate or on the floor. Religiously committed to laughing, I give funny a pious pissing.

When I close my 'I', I no longer get poked in it. Refusing the drama of appearance gives higher level clearance.

Mood makes mode. Mode can make misery. Refuse to take them seriously.

Drama bores me inanimate. Earnest and direct: I act. Mind screeches and scratches as I ignore it into silence.

In silence I act.

In action I cheer.

In adventure I unfold.

Leaving the familiar I wake.

USE THE MUSE

I once wore my mood like a miniskirt, to
get whistles. Now I hide in it like a hood.
With the wonders I witness how can I feel
anything for what 'you' thinks of 'me'?

Your approval, judgment and rejection are
three dogs struggling to hump the same
lamp post. I look down, shaking my head.

My experience of being fills me full. There
is no more room. No vacancy.

I use the muse:

Be(muse)d, I pass through the mood of the
herd, and leave this desert fresh.

A(muse)d, I ride on joyous and oblivious as
arrows of praise and accusation shoot past.

Every temperament is wet on my palette.
The crowd moans or cheers for my deaf ears.

I act. Replacing reactive with intentionally
active.

Acting now, I don't need to know who I am.
Or care.

I AM (S)TALKING

I am (s)talking: I notice events and events notice me. I am the zero and I am the one; the wit(h)ness and the actor.

I wit(h)ness all events completing and beginning there, yet am all events beginning and completing here.

I close one 'I' and open another: I close the 'I' of 'I feel' and open the 'I' of 'I think'. I sharpen my meanings to a blade, then cut myself free of meanings.

I act. I close the 'I' of 'I think' and open the 'I' of 'I feel'. I shed semantic identity and dissolve in creative agency.

I (ex)(peri)ence: I put (out) (around) me a 'that', and 'that' puts me in the center. I find out around 'that' a 'me'....

I (per)(ceive): I (catch) what seems to be (around) me and create a me (around) what I (catch). I imag(in)e every thing and every thing imag(in)es me.

I seem: I am mystery measured only in com(pari)son: Images of me portray only the process by which my semblance is (cut).

Define 'me' and miss me. Ignore 'me' and notice me. Search for me everywhere; find me now(here).

Measure assures me. Beyond all measure I give measure to all. I move and give measure to all and none, and am moved and given measure by none and all.

By breathing I am birthing. By breathing I become. By breathing I become the experience of the circle beginning and completing it(self) while noticing (it)self completing and beginning.

I hold the world with every breath and free the world with every breath. By breathing I become.

I choose. I choose everything I experience and experience everything I choose.

I am a (meta)physician—the patient and the cure. I attend to the (beyond) patiently and am tended by what is sure.

I witness (per)(fection): I witness all (made)(round). I witness all as w(hole), holy, empty and complete.

**INDULGE YOUR
INTELLIGENCE**

INDULGE YOUR INTELLIGENCE

Indulge your intelligence. Let it run naked and curious through every room of your life, handling and investigating whatever it wants. Celebrate its creating. Encourage its play. Watch it dissolve in imagining then return speaking secrets.

Ask your awareness to guide and command you. Listen to it. Let it have its way. Hear its excitement about growing, its insistence on vividness, and its hunger to explore. Balk at routines and unconscious rituals. Smash them on the ground and stomp on them.

Thrill and exult in being a thinker. Get up on slack lines of thought above canyons of possibilities. Step out where your beliefs and stories do not protect you. Take off your definitions and feel the elements enliven your surface. Walk across fear into infinity.

Enjoy the impacts that destroy your illusions. Smile as you survive your doubts and falls. Wear your scars like jewelry. Gladly pay in blood and skin to escape what constrains you.

FLIRT WITH AWARENESS

Flirt with awareness. Date opportunities for growing uninhibited. Find romance in situations that are joyful and freeing. Engage with living. Forge an ecstatic marriage with passionate interacting.

Deactivate inhibitions by methodically making happy. Notice when what feels good to you is good for you. Exalt yourself. Reward yourself for recognizing your preferences and letting them lead.

Rouse your sleeping parts. Desperately desire to know more of yourself. Activate, invigorate and exercise your full spectrum. Let “yes!” unlock you.

Increase your voltage. Play at your edge. Fuel excitement with uncertainty. Let sparks of happiness ignite relationships with people and interests that bring you alive. Devote yourself to being-born.

Fight compulsive thinking and excessive contemplation. Thaw out from the numbness, paralysis, dissociation and isolation they install. Choose action, contact, sensation and connection.

MAP YOUR RATIONALITY

Tend your conceptions. Choose what you are growing. Weed out invasive ideas and aggressive beliefs. Throw simplistic explanations, convenient prejudices and dysfunctional assumptions on the compost heap.

Try on ideas carefully. Demand they fit well and encourage motion. Shun uniforms and the armies in which they induct you.

Throw your familiar thoughts away. Get new ones. Wear them till the holes in their soles allow Earth to touch you. Repeat until you have bare feet.

Map your rationality, the ratios it applies, the extent of their truth, what they are protecting, and how they filter your experience. Consider them the slats of your blinds and the bars of your cage. Carefully remove them. Release the tender animal within.

Update your operating system. Reconfigure your fire wall of facts. Change your menu items, profiles, permissions and passwords frequently so you cannot be hacked.

ATTEND TO HOW YOU FEEL

In every activity and interaction, attend to how you feel. Is what you are doing charging or draining you? Accept the charges, fix the drains, or leave.

Hear your inner voice and all that it whispers. Treasure it. Hold it close. Give it immediate attention and full, loving care.

Let contact and connection encourage you to improvise. Speak, move and touch in ways that engage you. Rewrite social codes in every interaction.

Evaluate your possessions. Remember what you own owns you. Remember what you use uses you. Own your actions and goals. Make sure what you use empowers you.

Love people. Use things. Realize people can love you back, and let them. Reconfigure your relationships and attachments in ways that inspire you.

DETACH FROM YOUR SOCIAL HOLOGRAM

Withdraw from your social profiles. Resign from appearing successful, sexy, smart, cute or funny. Detach from your social hologram and the feedback it triggers. Stop snacking on the junk food of others' reactions.

Decline checks of flattery or projection. Refuse to cash them with responses. Elude characterization. Treat stories about you as puzzling and nonsensical. Shield yourself with strategic bemusement.

Surprise yourself. Do things you cannot explain. Accede to impulse and worship the mystery that moves you.

Bring the experience of you forward and let the story of you expire. Lose track of what 'I' thinks, feels and does. Become shy about it. Regain volitional poise.

Reject duality completely. Finalize the divorce. Stop telling or defending the story of 'I' or answering to or upholding the story of 'you'. Inhabit sensory presence and interact with those who share it.

CHOOSE DIRECT EXPERIENCE

Avoid artificial stimulants and digital fillers. Know what you are feeding on and what it is feeding. Choose nourishing direct experience. Feed your skin, ears and eyes organically and notice your calm and joy.

Give up being liked and thought well of. Create a personality you like and think well of; one precise, spacious and flexible enough to transmit all your feelings as action. Trust that it will be enough. Use it consistently till you are convinced it is.

Trust the primal power in you, indifferent to all audiences, creating for its own joy and nudging you towards ecstasy. Trust its persistence, benevolence and effectiveness.

Be elemental. Let nature howl through you in storms. Electrify your earthiness. Cleanse your soil. Give yourself dawn.

Refresh anonymous awareness. Rapturously observe abstract patterns. Celebrate independence from variables of perspective.

Act poetically. Gather force in silence. Let words and impulses collect in you until they explode like thunder.

Infuse your activity with practical beauty. Develop a functionality of which engineers, mathematicians, and physicists would be proud.

Decommission derision and mockery. Limit no one with your thoughts or labels, especially you. Examine the origins of what and why you judge, and urgently attend to them.

Make war on mediocrity and complacency. Refuse to surrender or compromise. Know this is all or nothing.

TRUST THE DIVINE SPARK

Passionately invade and occupy your life. Imagine, attend, emote and act to evince your most vibrant self. Do something differently. Do something new.

Set boundaries that serve you. Purify your interactions by clearly defining what you welcome and accept. Disentangle from others' opinions and approval. Waste no energy presenting evidence qualifying your choices.

Activate your authority. Speak in commands.

Trust the divine spark that ignites you. Help change and growth feel at home in you. Honor their help, urging you to try the uncomfortable and vulnerable, by acting immediately.

Complete the grand adventure of getting to know yourself. Create a great work that reveals and remakes you. Invent a grand character you embody and resonate. Be a vivid presence. Mark the world with your scent.

Perform for your own entertainment. Be a dancer of consciousness against a backdrop of stars. Insist the genius within you is expressed.

ACTIVISM 101

OPINIONS ARE INCOMPLETE DECISIONS

Opinions are incomplete decisions. Complete them. Claim satisfaction. Resign from reacting and refine your responding. Disconnect from deferring and self-connect by deciding. Follow your feelings and learn how to trust them. Persist.

Rub your appetite and stroke your arousal until they enliven and embolden you. “I love this!” is the truth your deep self is trying to tell. Passion is persistently kicking you in your compromise, urgently trying to liberate and ignite you. Let curiosity flick you to life, and inspiration fuel you through compelling improvisations and climactic revelations.

Break the stranglehold of appropriate roles. Loan drama your car keys, and go for a spin. Have a frank conversation with unlimited possibility, and hear changes in your voice that confess your desire. Let your own words seduce you with the eros of their echo. Ride their pulse and enjoy their rhythm. Tingle with their ecstatic invitations: “I want you! And I want you fully alive!”

FIRM UP YOUR FEELINGS

Firm up your feelings and pull off your personality. Its neediness barks at everything: “I am here! I am loud! Notice me!” Yanking your attention, jerking you off-center, it leaves you exhausted and wrist-sore. Horny for interactions where it can show off, it makes every squirrel, rear end, half-eaten taco or turd seem fascinating. In its projection, every leg is shapely, smells good and wants to be humped. Beware its urgings. Waste no holy glue on polyester trousers. Find more compelling mates than bony shins. Court a sacred task. Fertilize a mystery as its touch unlocks you.

Learn a more productive game: Quit chasing the balls of “That’s bad!” and “I’m cool!” and build something good. Realize your anger is not special; it is frustrated creativity. Take it apart and get it to work. Get earnestness out of its case and tune it. Using them will make you smile. Plant a great dream, and devote your emerging genius to its growth. Make that the opinion you are living to express. Nurture it to maturity and contribute something beautiful and strong.

HEAL YOUR SOCIAL INFECTIONS

Heal your social infections. Exfoliate your meanness. Picking semantic acne and poking gut rolls of inconsistency are gross and hurtful, so stop. When you are happy with yourself they will lose all appeal. Handle words kindly. Make cutting with them an issue you outgrew years ago. Want to understand yourself and others. Grow spacious enough of soul to accept perspectives and shadows.

Abandon the sick persona corporate culture taught you. Refuse to use others as toilet paper or porn. Manipulating and aggressing them is juvenile and empty. Harvest the opportunity available. Discover what you like about them and you. Try honesty. Find out how far you can take it, and where it takes you. Be vulnerable. Share the 'you' who is still unfolding and allow it to be witnessed and encouraged.

STAND UP FOR ELEGANCE

Stand up for elegance. Be an apostle of quiet finesse. Show crass and crude how dignity feels. Make simplicity your audacity. Enjoy the purity of directness and pleasure of integrity. Discover what you care about and act on it. Make that the miracle you proselytize and vow you fulfill. Love your life and show it in every act and word. Make your life magical, then sit in the kitchen of its joyful music and feel at home.

Stop eating pizza out of dumpsters. Grow out of your codependency with good-feeling thoughts. Seek actual good feelings. Accept no substitutes. Quit quick fixes. Avoid fast mood. Remember that 'abstraction' means pulling away, and that the actual is where the action is. Heal yourself of abstractions and abusive dissociations. Being right does not matter. Being present to feelings does.

TURN OFF AUTOCHOOSE

Turn off autochoose. Risk questionable decisions that make room for flow.

This is your beautiful opportunity. It may be canceled at any time. Gladly accept shattered illusions as the price of discovering what you truly love. Live by your divine impulses, full-on.

Feel grateful for challenges. Every (cha)lle(nge) has change in it. Freedom and responsibility are the edges of every choice. Use them equally and epiphany will be constant. Sharpen your honesty and cut off your callouses. Notice pain's rescue rope from the unlife of numbness. Feel more, and it will guide you to feeling better.

SOBER UP: YOU ARE GOING TO DIE

Sober up: You are going to die, and there are things you want to do here. This ravishing world craves your touch; a touch the touchscreen of your phone does not appreciate and will never return. Explore life with your ears, skin and nose. Refuse to sit in semantic security with a load in your pants. Notice the stink of your self-consoling and clean up the mess. Direct, unspeakable experience is the only thing that enlarges you, so claim it.

Jailbreak your ideas and autistic certainties. Hang out with learning and growing and trust their invitations. When absorbed in exploring you will forget about explaining. Inventory your detours: Recognize how you ignore your avoidance and avoid your ignorance, and identify what they are protecting. Befriend your hurts and let them lead you into vast, open softness.

DEVELOP A HEALTHY TERROR

Look in a mirror: Develop a healthy terror of your social smile. See your lipstick of pretenses and mascara of seductiveness as clownlike and grotesque. Realize your self-image is the rapist of your joy. Reject the studied grin this hunting decoy offers. Make honesty with yourself your committed self-care. Give yourself a new face, whose truth you wear well, and whose candid, fertile smile excites you.

Improve your mental hygiene. Notice opining is whining and explaining is draining. Notice the truth decay they feed. Clean up your mouth. Stop flossing till you bleed. Balance self-criticism with empathy. Repair embarrassment with gratitude.

GAMBLE ON POSITIVE CHOICES

Gamble compulsively on positive choices. Research the possibility that what feels good to you is good for you. Validate through experience that what you most love, what you do best, what life most wants from you and what it most values are all the same thing.

Realize you are not uniquely afflicted and get no prize for suffering. Try on the risky and energizing beliefs that you do not deserve anything, and that honoring mysteries and fulfilling sacred purposes may win you prizes. Use your body, your breath, your voice and your choice. Put yourself in situations where you have to.

GIVE THE GIFT OF YOU

Make the world a better place by giving the gift of you. Know this is all you are responsible for. If you are trembling with sincerity you are in the right place, doing the right thing. Make this trembling your north star. Follow it and follow through. A stronger channel will connect in you. Nothing known will hold you any more. The energy exultant will activate, opening new worlds.

Breathe through your soul. Scenarios compelling and satisfying will recruit you. Impulses mysterious and delicious will draw you to right people in right places at right times. Positively life-changing encounters will unfold.

Rescue yourself from the lounge of leaking souls. Complete your opinions with decisions. Patch the holes of opining and whining and feel purpose fill you. Choose quests that demand your all, and make fulfilling them your living. Discovering regenerative pleasure will make you real.