

THE 10 COMMANDMENTS SUGGESTIONS

Do the Obvious



1

- Sleep deeply
- Move often
- Get outside (sunshine, water, trees and views)
- Eat real food (mostly plants, not too much)
- Bathe regularly (super hot and really cold)
- Make and play Music (including singing)
- Breathe
- Grieve
- Make love
- Be grateful

Don't Do Stupid Shit



2

DON'T
End up in a {

- Cult
- Body Bag
- Jail Cell
- Rehab
- Looney Bin

Let the Mystery Stay the Mystery



3

It's Turtles people! All. the. way. down... Don't make up stories and try and "eff the ineffable." "The answer is never the answer. What's really interesting is the mystery. If you seek the mystery instead of the answer, you'll always be seeking. I've never seen anybody really find the answer. They think they have, so they stop thinking. But the job is to seek mystery, evoke mystery, plant a garden in which strange plants grow and mysteries bloom. The need for mystery is greater than the need for an answer." — Ken Kesey

80/20 Woke to Broke



4

We tend to get 80% of the return/insight/growth from the initial 20% of our explorations. But precisely because those early hits are so cathartic we keep going and waste the remaining 80% of our time and money chasing the long tail of our imagined perfectibility. But the reality is, we're human, and being human contains an irreducible amount of grief and pain. So rather than waste all that time chasing a mirage, look behind you and give some less fortunate people the chance to get their heads above water. All we need is the 80% initial hit, to remember what we forgot and what we're here to do, then GO DO IT!

Fuck Your Journey



5

Or as St. Paul put it more encouragingly, "Love Keeps No Record of Wrong." Whatever gets us to the Deep Now is both redeemed as an essential part of our path and utterly irrelevant compared to the exquisite quality of the Moment we're blessed to share. So stop rehashing all of your breakdowns and breakthroughs. Show us how much you've grown, but please, dear God! Stop telling us! (see #epiphanywhores)

Do the Hard Thing



6

And the rest of life becomes easier. Promise! If you want more Flow, Bliss, Groove etc in your life, always tackle the gnarliest shit head on. As Mark Twain put it "If you've got to eat two frogs in a day, eat the ugliest one first." (#embracehesuck)

Work It Out



7

Work out your problems, your questions, your answers, your body, your mind, your heart, your kinks, your resentments, and your dreams. The more we do all of the work, the more we retain from our peaks and the higher the level of our plateaus become. (see #noskippingsteps)

And it's not That, either!



8

No matter how dazzling your latest breakthrough, "download" or insight, it's still only a piece of the puzzle. It may be lowercase "t" true, but the second you assert it's uppercase Capital T TRUE, it's become false, just by overstating the claim. You can no more become fully enlightened than you can become fully educated. Take the insights for what/all that they are and... keep going!

Practice Resurrection



9

Tibetan Buddhists spend an entire lifetime just trying to prepare for one moment where they can die consciously and step off the wheel of Karma (aka--cause and effect). That's a lot of investment for one shot at redemption. Instead, practice dying in every moment. All ecstatic practices, are, after all, deaths of some kind. So practice dying to your preferences, your story, your pleasure, your pain, your attachments, your ego, your pride, your wounding, your fears and your desires. Die to it all, as often as you can, and see who remains and what comes next!

"Above All, Be Kind"



10

These are the dying words of Aldous Huxley, famed philosopher and man of letters, while holding the hands of his soul mate Laura (under the influence of 200 micrograms of Sandoz LSD 25). If it's good enough for Aldous, it's good enough for us. After all, if we skip this part, does any of the rest really matter?

