

I may not know much about your own particular Soul (the energetic essence within that part of the human brain Carnegie-Mellon researchers call the anterior cingulate cortex), and I might not possess any specific advice that is guaranteed to bring you true Happiness. And yet, after quite a few years of radically experimenting with what it means to “Live in Peace”, I *have* collected a number of activities that will wake-up your True Self when they are engaged.

Your True-Self awakening comes when your desire to harmonize with life becomes greater than your fear of that shift. Your ego may try to convince you that you are “too small” or “too weak” to fulfill your Life Mission, and yet this fear is irrelevant. There are opportunities in every moment to be your True Self. In-deed, one moment of pro-active, purpose-full action is enough to bring you this awakening. In essence, we all regularly lose ourSelves in everyday routines, social commitments, & obligations - the self-centered tasks of the ego. Each of the activities in this Generator, on the other hand, is a tried-and-tested way to briefly pause in any moment and reawaken to how it *Feels* to live as your True Self. So, enJOY!

“Live your daily life in a way that you never lose yourself. When you are carried away with your worries, fears, cravings, angers, and desires, you run away from yourself and lose yourself. The practice is always to go back to oneself.” ~ Thich Nhat Hanh

“You are what you have done; and you become what you are Doing.” ~ Buddha

... ..

*Replacing “tribal norms”: Identify the beliefs that limit your freedom (e.g. societal expectations for “normal behavior”, traditional societal values, the expectations others have for your “success”, etc.) and replace them with conscious, purposeful & regular acts of unconventionality. Go forth today and sing in public, take some time to relax and be “unproductive”, or pause and smile at a stranger ...

*Delaying gratification: The next time you are hungry or thirsty, purposefully sit quietly and wait five minutes before eating or drinking anything ...

*Following the law: Purposefully go forth today and *follow* the law (instead of obeying it). Drive slower than posted speed limits, pay more than is asked for any items you purchase, and be kind to every police officer you see ...

*Reveling in Life: Release the yearning for physical comfort by removing as many “simple pleasures” from your life today as you can think of. Shower cold, eat simply, drink only water, sit only on hard chairs, sleep without pillows, etc.

*Awakening to mortality: Pause now to emotionally reconnect to your innate (and inevitable) death. Go forth remembering the preciousness of your life and see every subsequent moment as both sacred & priceless. Act accordingly ...

*Steeping in silence: Be silent at least once today for an extended period of time, praying/thinking “big gratitude” to the Universe for your life while doing so ...

*Tending the Temple: Nurture your body reverently today - eating only organic foods and drinking only spring water or fresh juices ... If we treat ourselves as if we were our own personal heroes - it is easier to go forth & treat others with the respect they are due as well.

*Loving your enemies: Think about a few of your life's critics (especially your own ego!), and consciously shift from condemning these "enemies" to exuding compassion for them. Do so by focusing on their "strengths" (the traits you admire) while simultaneously accepting their "weaknesses" -- realizing that the former are characteristics of your own True Self while the latter are facets of your own ego ...

*Getting to Know yourSelf: Take 1 minute and listen without interruption to your own heartbeat. Then, go to a mirror and look into your own *pupils* without interruption for 1 minutes (30 seconds minute per pupil). See the True Self within your body while you do so - residing at the "core" of your mind (what many call the "Heart"). Finally, for one more minute, while still looking into your own eyes, extend both unconditional Love and complete Acceptance to that True Self ...

*Self-Awareness: Pause this morning to really look at yourself in the mirror (naked is best, looking slowly and neutrally from head to toe). Avoid judging what you see - simply noting that "This is the body I have been given". Put on some comfortable clothes and sit down for a few minutes - being still and just listening to your breathing. Now take a few moments to look verrrry closely at your hands. Head to the mirror again and examine your eyes similarly. Take your time and notice all the different shades and hues and spots and levels in both your retinas ... The neat thing about hands and eyes is that they are always Beauty-full. Notice how amazing yours are & notice how uniquely amazing **you ARE!** Glance in mirrors and windows throughout the day today; not to see "how you look", but rather to remember these moments Self-re-cognition ...

*Detachment from Expectations: List 5 expectations you have for yourself. Now write a note to yourself releasing you from those "demands" and mail it to yourself today ...

*Setting others free: List 5 expectations you have for the three "Major Players" in your Life. Write notes to each of them releasing them from the same; affirming your unconditional Acceptance of them as people, regardless of whether or not they fulfill your particular fantasies, wishes or desires ...

*Radical Gratitude: List the past difficulty or "crisis" that created the most pain for you, the current "obstacle" that is giving you the most frustration, and the future-based worry that causes you the most stress. Now, next to each of those 3 entries, note what you have learned, are learning and can learn from each of them; realizing that without challenge, Life becomes a malaise of meaninglessness ... Yes, it is rational to desire less difficulty in our lives, and it would not be Self-Loving to yearn for more pain than what we are already encountering. And yet, one of the traits that separates us as Human Beings is the ability to be Thank-full for our challenges -- Choose to Do so now ...

*Re-Conceiving your Self: Go forth today choosing to See as though this were your first day of Life. Let go of all your memories and judgments and preconceptions and beliefs and convictions -- Simply BE and SEE. Notice the sun and the moon anew. Try to count how many different shades of green there are around you each day. Notice the architecture of your city's

buildings and the infinite styles of clothing worn by other people. Pay attention to the beauty of others' eyes and the different ways they all walk ...

*Seeing the Wonder in the "normal": Pause and write out a list of 3 things in your immediate environment that you would typically label as "normal". Then pause long enough to See them anew - as wondrous, as miraculous, as unique -- reclaiming your Right to Live in Awe ...

*Being Thank-full: Go somewhere away from others (e.g. the woods, a mountaintop, the roof of a skyscraper, etc.) and pause to reflect on the Blessing that is your Life itself. Wait until you really *feel* Grateful for being alive - then take a deep breath and scream "Thank Youuuuuuuuuuu!" to the Cosmos as loud and for as long as you can ...

*Being Thank-full: Write out a list of nine things for which you are grateful ... To help get you started, at the top of the list write "Life", then "Consciousness", and then "Nature's Beauty". You get to fill in the final six spaces - three of them with past Joys and three of them with current Blessings. Read this list once every hour all day today; feeling your Gratitude - and acting accordingly ...

*Re-inviting "style": Challenge traditional "style" today by wearing something "outrageous" (e.g. color un-coordination, plaids with stripes with polka-dots, a tie with a t-shirt, etc.) -- Be creative and have fun ... [Note: let your "weirdness" extend just barely beyond the line that society has drawn for "appropriate", and be sure not to tell anyone that you are "dressing up"; choosing to believe that your outfit is completely acceptable, if not "stylish"]

*Booming the True Self: You are special and amazing -- You are the only YOU that is alive today and the only YOU that has ever lived. You have Gifts to give that no other human on the planet can do half as well. While remembering these Truths, make "grand entrances" all day today. Be creative as you do so, remembering that you are the Queen/King of your existence and "boom" that Self-Appreciation into every room you enter - and be sure to smile while doing so. Remember to remain humble, of course, being constantly on the look-out for ways in which you can use your Powerful Kindness to help others ...

*Freeing yourself from Time: Set your personal watch 30 minutes "fast" this morning and go the whole morning being "early". After lunch, set your watch to 30 minutes "slow" and go the entire afternoon being "late" ...

*"Positivizing" your Thoughts: Your ego is fixated on ensuring your survival, and it primarily does so by encouraging you to focus on the "dangers" and/or "undesirables" in your environment, that you might avoid them. These distinctions are constant and automatic, and yet, your brain also has a neo-cortex (the part of the brain that helps make you "human") that can override your brain's more primitive functions. With this in mind, re-focus your awareness by consciously replacing your fearful and/or negative thoughts with courageously positive ones -- Every time you notice a negative or critical or fearful thought come into your head, think the word "Cancel" and then replace that thought with a positive or an accepting or a courageous one ...

*Referencing the Positive: All day, replace all references to things "bad" or "disappointing" with the words "interesting" or "challenging" [If you happen to let a negativity slip

out, no problem - simply repeat the sentence and replace your negativity with either a neutral word or a positive one] ...

*Repenting radically: Regardless of your religious beliefs (or lack thereof), head to a local church and confess to a priest today. I've noticed that many churches are locked during the week, though most have "hotlines" in the phone book where a priest can be accessed "in an emergency". After you're finished with your confession, let the priest know that you are also available to take his/her confession as well (you can quote Romans 5:4 to Christians as "proof" of your ordination). Whether or not they take you up on your offer, thank them sincerely for listening to you and let them know that they too are loved unconditionally ...

*Accepting all that IS: Pause and choose to gently "throb" between seeing the material world and appreciating the energy (i.e. the Spiritual) that comprises that world. To do so, when you focus on your environment, choose to accept it as is -- detaching from all goals of "achievement" or "success" -- simply desiring to Do Good with it. Then, in the next moment, pause long enough to sense the basic energies that made this choice possible -- exuding gratitude for the same. Sway gently back and forth between focusing on the realm of active matter and the realm of energy that sustains it - between desiring to be of service and pausing in gratitude for the ability to do so. As this practice becomes ingrained, you will reach the point where the two become One ...

*Exuding Love to the mundane: Choose to pause and "radically cherish" your life's non-threatening objects. Simply sit and See whatever is perceived in a particular moment - a fly on the window, a flower, the flame of a candle, a favorite T-shirt. Your ego will attempt to see the object as "familiar" or "safe" or "normal" -- gently set these thoughts aside and realize that the object witnessed is ever-changing, and essentially a completely different object from anything "similar" you may have witnessed in your past. Choose to appreciate it for what it IS -- only as it is in this new moment, not as it was or could be ...

*Giving selflessly: Give a cherished item (or at least one you regularly use) to a stranger today ...

*Giving selflessly: Donate money to your favorite charity in the name of the wealthiest person in your community ...

*Giving selflessly: Give a cherished item (or at least one you regularly use) to someone wealthier than you today ...

*Giving selflessly: Leave a cherished item (or at least one you regularly use) to be found by another today ...

*Being radically Kind: Think of someone you do not care for or someone who is currently harming you. Go forth and do three anonymous kind deeds for them over the next three days ...

*Forgiving an enemy: Think of someone from your past who hurt you deeply. Call them today and forgive them for their "crime" ...

*Steeping in Silence: Go the entire day saying either complimentary words or nothing at all (silence & a smile) ...

*Living in laughter: Pause today, go somewhere alone and smile-laugh for 15 minutes ...

*Engendering Happiness: Go forth today and spread “wonder-graffiti” tastefully throughout your neighborhood [Wonder-graffiti is anything that you can reasonably assume will inspire others to laugh, smile or appreciate the gift of Life] ...

*Being Kind to the mundane: Go forth today and be kind to the inanimate objects you encounter - flip pieces of wood over to give their undersides more light, place beautiful rocks where they will be seen, clean up public parks, etc.

*Being kind to the non-sentient: Go forth today and be kind to plants - water them, talk to them, transplant them, pick up garbage around them, etc.

*Smiling at strangers: Go forth today and smile at every stranger you see, being especially kind to those who seem sad or downtrodden ...

*Cherishing others: Go forth today and treat everyone you meet as if you know that they will die at midnight - extending them every kindness, with no thoughts of personal reward ...

*Muttering mantras: Pause and say “ahhhh” as softly and as slowly as you can three times in a row ...

*Renewing the “news”: Go the whole day today without looking in the mirror, without reading any new periodical, and without watching a television ...

*Communicating intimately: Go the whole day today without talking on a phone of any kind - communicating only with others face-to-face ...

*Committing to Beauty: Dedicate yourself today to pausing every hour on the hour to notice something beautiful ...

*Welcoming the moment: Pause, take one deep breath, greet that moment’s totality (everything that is), let go of any judgments about that moment, and exude gratitude for tis perfection ...

*Doing what you are doing: Pause and do whatever your doing at one-third speed - attending to each motion and attempting to complete it as smoothly as possible ...

*Seeing past behaviors: Pause to watch someone else for a moment, and then keep watching them while purposefully seeing past *what* they are doing to see the True Self that is residing within them instead (regardless of what their body is doing or why their ego might be doing it) ...

*Knowing true love: For at least one prolonged moment, choose to like those you love and Love those you dislike ...

*Sensing your Purpose: Assuming you had the time and money to engage it, think about the one service for others that you would do today. Now go forth and spend five minutes doing something similar for another person - preferably in anonymity.