

# 3 Things if taken to heart can change everything

## Lay a foundation:

### 1. Application.

STOP gathering material. It's time to apply. Be committed. Whether it's to a health modality or a teaching you've learned sincerely place it into your life. At the very least, do one thing for 21 days. You will bring the quality of both trust and surrender into your life, and a new muscle will develop. Just watch, your keen eye of discernment will be enhanced and you will begin to recognize what is false.

### 2. Purposeful action versus busying action.

Quit being busy. Start being and get into motion from guidance. What does "being" mean to you? Try out: being present, available, ready, taking the moment in. This can never fail you. You will begin collecting moments that are alive versus dead. This takes practice practice practice. Example: busy looks/feels distracted and exhausted, while purposeful action looks/feels fresh and available. Look back to number one again.



### 3. Beliefs run the show.

If you can become aware of a belief that is limiting you, create a new one that will serve you better. Beliefs become values and values determine how you work. What belief is running your show? Make an adjustment. Quit cherishing poverty or being a victim. Get support—if you are at a loss find a great message, a spiritual teacher, or a coach with a value that you can emulate. Look back to number one again.

Application is king here.

*Effort is necessary up to the state of realisation...Ramana Maharshi*