

# Living in a Hard Knock World



Unless we open our heart to the sky,  
how shall we see the sun?

These days our world can be difficult to deal with or understand. What can one person do?

Begin by re-examining what it means to live on planet Earth. Why are you here? How can you maintain a harmonious lifestyle when the world is in chaos?

This is an infinite subject. Begin with these 7 keys to living in a hard knock world.

## **1. Acknowledge that you are a cosmic being, not a 3D-limited human being.**

As a cosmic being, you live on planet designed to teach you how to be *more*, to expand your understanding, and to contribute to the evolution of others. It need not be complicated. You can open the door to your personal evolution in simple daily interactions.

## **2. Take care of yourself.**

Eat your non-GMO veggies, get thee outdoors into the sunshine, and regularly take thyself to the trees! You needn't climb them - simply walk among or sit beneath them so they can do what they are here to do, and that is to clear and heal emotional fields. The plant kingdom is nature's healer.

## **3. Be kind to each person you are around.**

Smile at strangers. Thank people for holding doors open. Hold doors open for others. Carry dollar bills, food bars, and sturdy socks in your car to handout to homeless people. Give appreciation to friends and family for being there for you. Smile more - it will improve your own attitude, too. Tell children they are special - if you think life is challenging for you, consider those less fortunate.

## **4. Give away what you don't need to those who do need.**

Anything you no longer use belongs to someone out there who can't afford it. As cosmic beings, we don't "own" anything in this 3D universe. We rent it for awhile and then lovingly pass it on. Minimalistic living creates room for our energy to flow and new possibilities to enter our life.

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## **5. Allow others to walk their own journey.**

Support others as they seek to understand. Remember that your own insights and expansion has come from your own experiences and not the advice of others or words you read in books. Cease judging those who don't live according to your criteria and remember how much you dislike others telling *you* how to live *your* life.

## **6. Recognize your own strengths.**

Set aside time to list your strengths and add to them daily. Commit to intentionally express at least one strength every day regardless of whether anyone else notices. What you express creates a vibration that attracts more of it into your life.

## **7. Acknowledge your weaknesses.**

Recognize where you don't measure up yet. Strive for better, but forgive imperfection. Commit to improving at least one weak area each day. Are you impatient? Practice patience each day. Are you judgmental? Find three positive aspects to the person or situation you judge. Your intention to be "more" creates a vibration that mirrors back into your life and supports your evolution.

**Believe in yourself, your own potential, and above all, be gentle with yourself.**

And if all else fails, eat more chocolate.

*Take life into your own hands and make it happen. It's your life; Lead it.*