

## SPIRITUAL JUMP STARTS

	<b>If you want to move forward in your inner work, bring your awareness as fully as possible to the following patterns:</b>	<b>In order to ..., remember your true nature is to be...</b>
<b>1</b>	Value-judging, condemning yourself and others.	In order to live for a Higher Purpose, remember your true nature is to be wise and discerning.
<b>2</b>	Giving your value away to others.	In order to nurture yourself and others, remember to be good to yourself and to have goodwill and compassion for others.
<b>3</b>	Trying to be other than who you authentically are.	In order to develop yourself and set an example for others, remember to take pleasure in your existence and to esteem and value others.
<b>4</b>	Making negative comparisons.	In order to let go of the past and be renewed by your experiences, remember to be forgiving and to use everything in life for your growth and renewal.
<b>5</b>	Overinterpreting your experience.	In order to observe yourself and others without judgment or expectations, remember to be engaged with reality, contemplating the infinite riches of the world.
<b>6</b>	Becoming dependent on something or someone outside yourself.	In order to have faith in yourself, remember to be courageous and capable of dealing with life under all conditions.
<b>7</b>	Anticipating what you are going to do next.	In order to joyously celebrate existence, remember to be happy and to add to the richness of experience for everyone.
<b>8</b>	Trying to force or control your life.	In order to be yourself and to speak out for what you believe, remember to be strong and capable of affecting the world in many different positive ways.
<b>9</b>	Resisting being affected by your experiences.	In order to bring peace and healing into your world, remember to be an inexhaustible font of serenity, acceptance and kindness in the world.