

TIPS FOR GROWTH

8	<ul style="list-style-type: none"> • Give ourselves permission to reduce our impulsivity. • Appreciate vulnerability, tenderness and receptivity. • Stay present to others' reactions; take others in. • Become reciprocal and attentive. • Come freshly to each situation. • Appreciate others' sense of truth.
9	<ul style="list-style-type: none"> • Pay attention to our own personhood and specific needs. • Take action. • Welcome unavoidable discomforts in interacting with others. • Show up in our fullness so others can show up in theirs'. • Navigate complex and contradictory objectives. • Actively pursue self-intimacy. • Regain our ability to feel and receive unconditional love of our own true nature and essential self.
1	<ul style="list-style-type: none"> • Reduce the power we give away to critical judgment. • Accept and integrate our personal desires. • Become tolerant. • Discern the differences between errors or wrongdoings, from simple individual differences. • Embrace differences with gratitude.
2	<ul style="list-style-type: none"> • Develop our individuated* self without feeling guilty. • Ward off the deeply felt repulsion of being seen as "selfish" when taking care of ourselves. • Become aware of the feelings of giddiness and the "high" when meeting the needs of important others. • Give to others without condition. • Give to ourselves without shame. • Trust that others will love us; trust in the natural flow of love and divine reciprocity.
3	<ul style="list-style-type: none"> • Slow down our driving pace. • Become receptive. • Allow space for our feelings to tenderly emerge so they can guide our heart's desire and ability to connect with our divine purpose. • Welcome and learn to appreciate our feelings. • Realize love is a state of being to cultivate from the inside out. • Know that authentic value exists in how present we are.
4	<ul style="list-style-type: none"> • Become aware of feelings of longing for what we perceive as missing or lacking. • Become aware of our attachment to disappointment and melancholy. • Learn to appreciate positiveness in our lives. • Develop a sense of gratitude. • Accept ourselves as loveable exactly as we are; feel "enough."
5	<ul style="list-style-type: none"> • Appreciate abundance and the flow of life force energy. • Learn that withdrawal actually invites emotional loss and potential intrusion. • Allow ourselves the time and disruption of moving into the experience of our feelings. • Accept, process and articulate our emotions which connect us to each other and to our spirit. • Participate in life's messy experiential possibilities. • Allow our deep inner knowing.
6	<ul style="list-style-type: none"> • Become aware of our preoccupation with what can go wrong, what's unsafe and untrustworthy. • Discern our sensitivity to discrepancies and manipulations, versus what we can be let go of in good faith. • Give ourselves permission to soften in the moment in order to build a new resolve. • Become aware of how our whirling mind gives us an illusion of safety. • Soften and let our own authority rise as we return to our essence's internal state of faith. • Pay attention to what is already ok in order to develop courage and trust.
7	<ul style="list-style-type: none"> • Recognize how we engage in excessive future planning and options generation. • Become aware of how continually seeking new, stimulating experiences leaves little room for the present moment. • Learn to make lasting commitments and responsibilities. • Give ourselves permission to accept all that life has to offer, including the daily mundane experiences and any feelings of pain, fear, boredom and limitations. • Learn that all of life's experiences will not diminish our aptitudes and capacities.

* Individuate: breaking down social contracts so that the individual is free to make new connections that are more supportive of the emergent self.