

LISTEN

IT'S HAPPENING ALREADY

YOU HAVE ONE CHOICE EACH MOMENT. LISTEN OR BE DISTRACTED.

Read this each morning to master listening...

LISTEN ALWAYS

Your life is not a story about what happens to you.
Your life is an experience happening as you, right now.

LISTEN INTENSELY

Listening opens your path to living fearlessly.

LISTEN FEARLESSLY

Be the most focused you've ever been.

LISTEN FEEL

Feel the experience unfolding through you.

LISTEN NOTICE

Notice you're translating your experience into thoughts.
Notice the pace of your thoughts in this moment.

LISTEN PATIENTLY

Sped up thinking expresses anxiety, stress, resistance, attachment,
pain, ego, fear and misunderstanding what life is.

LISTEN CHILL

Invite your thoughts to slow down.
Don't tell your story. Hear to your story.

LISTEN BREATHE

Whatever your dreams, your goals, your faith, your past, your future or
your story about how life works, life keeps unfolding into and through
you, revealing your next step perfectly, each moment you listen.

LISTEN PERFECTLY

It's a challenge to consistently remember you are
making one choice each moment of your life.

LISTEN REMEMBER

When you forget to listen you become
old thoughts and stories.

LISTEN PRACTICE

Practicing grows you into a more consistent listener.
Listen until listening becomes second nature.

LISTEN TRUST

Trust life, over and over.

LISTEN COURAGEOUSLY

Is your inner dialogue running on autopilot?
Are you suffering based on unfounded fears?

LISTEN PLAY

"You are the music while the music lasts. This image of a
fulfillment, achieved through mutuality and by the exercise of
purely mental powers remained with me throughout my life,
telling me that, whatever trouble or frustration may come to
me I have only to open a book, listen to a symphony, or run my
pen across a blank sheet of paper, and I will be back home."

— Roger Scruton

LISTEN CHOOSE

The meaningful choice you make each moment is whether to listen
knowing life is unfolding through you, as you, right now.

LISTEN HEAR

What you hear in this moment is what you are in this moment.
Remembering this truth invites life to flow unresisted through you.

LISTEN WATCH

Your inner movie is your history repeating.
Watch the story your thoughts are telling.

LISTEN SEE

See your body as life flowing. See your illusory nature.

LISTEN SHIFT

Shift from a human being having a spiritual experience
into a spiritual being having a human experience.

LISTEN MOVE

Walk the pace of your miracle.

LISTEN BE

You are not separate from life. You are flowering life.

LISTEN GROW

The way you'll feel, the things you'll say, the thoughts you'll
have and the life you'll live tomorrow are a reflection, a by-
product, a result, a consequence, a reshuffling of the way
you are feeling, the thoughts you are having, the things
are saying, and the life you are living right now, today.

LISTEN AGAIN

The human brain and body change through repetition.
Inner change, human change, occurs slowly.

LISTEN DISCOVER

Discover yourself as life. Discover freedom.

LISTEN KNOW

Bodies and stories are temporary. You, life, is always.

LISTEN AWAKEN

Awaken to your miracle. Follow your path.

LISTEN

Can you notice the space inside your mind right now? The space
was hidden moments ago when thoughts ruled, dragging
you through noise, filling you, foreground to background
thick with sound. Step further between your thoughts now.
Watch the slow motion symphony, brilliance. Then, follow
silence through the fiction. See your history return along
the way, visiting again, if only a flash veiling your path, an
old thought, an old story returns once more. Step back into
space again, each moment. Release the uncertain. Those
rogue children of thoughts past. The old noise jumbling.

Soothe the yearning echo, listening, until you arrive in a
quiet— a space behind thoughts. Sit down there, beside
stillness. Look around now, silently. Slowly. Up. Down.
In. Out. Take your time. Rest. Listen aside the abyss.

You'll step back from the ledge soon enough. Ziggidy-zag-a-ding-
a-ra-tat-tat-tat-ta-ting, you'll journey back through the thickets
of a thousand thoughts, where noise fogs over. If you sit close
today though, you may find settlement tonight on some quiet,
nearby, nowhere nook. And before noise fogs again you may drift
softly to dreams until tomorrow's dawn lights your trek back, here
again, to the life's only question: Will I dive into the abyss today?

LISTEN, LIVE, LISTEN, REPEAT.

You are life animating form. Be undistracted by convention.
Feel life on your skin. Hear silence ring.

LISTEN FOLLOW ...

BE YOUR PURPOSE