

## Navigating in Times of Change

- 1. Recognise** ... what is the current situation...where are we ... what is true, what is a lie
- 2. Allow** ... it is the way it is ... it is about you! Accept the call!
- 3. Trust** ... your perception, sensations and feelings, thoughts and instincts, intuition ... in self, cosmos, in life, evolution of consciousness
- 4. Accept** ... Say yes ... it's up to me ... don't be part of the lies, deceptions and divisions
- 5. Act** ... little things first ... do what you can
- 6. Ask questions** ... what is this all about? Human evolution, creativity, growing up! Do your own research ... Show me the evidence ...
- 7. Network** ... get together ... mutual support ... information/ education
- 8. Be an example** ... positive and courageous ... walk your talk ...  
Have clear intention!
- 9. Inquire** ... the source of your information ... and your own beliefs!
- 10. Know Thyself** ... Man/Woman vs Person - unlimited, ever-present awareness vs body/mind
- 11. Be prepared** ... physically, mentally and emotionally
- 12. Respond** ... knowing your own being ... when faced with chaos, conflict and confusion