How To Outgrow The Habit

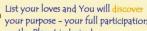


When you wake up close your eyes. the air with "Ah!" and see the Dream You. Romance the Future ...



Feast on a full moon's light as it breaks free from clouds. Remember, the Force that moves galaxies moves You.

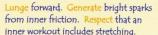






your purpose - your full participation on the Planet is desired.









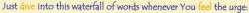
Amplify your cells' messages and squash those slave driving squeals. Thank your Being for its endurance.





Stick a gold star on your forehead. cream laughing on the roller coaster ride. Inflate. Remain buoyant under siege. Out stare the eye of the storm.

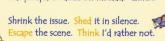






Between urge and reaction step out of yourself. Deep breathe and magically transform. Devour weird fruits, do ten A star jumps, or doze off instead. Quick.





Live Liberty. Summon the Fury and

sympathy for the creatures of it. See

the illusion. Unravel your reason.

Nightmare its Consequences.

Tragedies are documentaries.

ecome addicted to Dreaming.

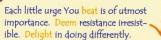
otice Nature. Apply the conscience

of Green Peace to your Inner World.

exile the friendly enemy. Wield a

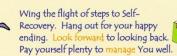
sabre and behead the beast. Feel











Climb the nearest trellis. Grow straight

instead of gnarly. Flutter with the

butterflies of Change. Mellow with

melodies. Fragrance the atmosphere.

Hold your hand. Give yourself a chance. Melt into a photo of You as a

Child. Align Action with Spirit and

feel Inner Peace. Surrender to Good-

ness graciously. Ask for invisible Help.

Open your eyes to Orange. Caress a crystal.



Before You sleep, open your eyes. Fill the air with "Om!" & appreciate today's manifestations of your strength and blessings.



Well done! You made it!



To make a pocket-sized scroll:

- print out whole page on A4 card paper
- fold the card at the arrows in concertina style (start from the fold marks on the left side. bending the first fold backwards)
- unfold the card and cut around the four edges of the scroll. (Cut with a blade along a metal ruler for best results.)