

How To Outgrow The Habit

Just **dive** into this waterfall of words whenever You **feel** the urge:

<p> When you wake up close your eyes. Fill the air with "Ah!" and see the Dream You. Romance the Future... </p>	<p> Between urge and reaction step out of yourself. Deep breathe and magically transform. Devour weird fruits, do ten star jumps, or doze off instead. Quick. </p>	<p> Climb the nearest trellis. Grow straight instead of gnarly. Flutter with the butterflies of Change. Mellow with melodies. Fragrance the atmosphere. Open your eyes to Orange. Caress a crystal. </p>
<p> Feast on a full moon's light as it breaks free from clouds. Remember, the Force that moves galaxies moves You. </p>	<p> Shrink the issue. Shed it in silence. Escape the scene. Think I'd rather not. </p>	<p>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 Goodness graciously. Ask for invisible Help. </p>
<p> List your loves and You will discover your purpose - your full participation on the Planet is desired. </p>	<p> Each little urge You beat is of utmost importance. Deem resistance irresistible. Delight in doing differently. </p>	<p> Wing the flight of steps to Self-Recovery. Hang out for your happy ending. Look forward to looking back. Pay yourself plenty to manage You well. </p>
<p> Lunge forward. Generate bright sparks from inner friction. Respect that an inner workout includes stretching. </p>	<p> Live Liberty. Summon the Fury and exile the friendly enemy. Wield a sabre and behead the beast. Feel sympathy for the creatures of it. See the illusion. Unravel your reason. </p>	<p> Before You sleep, open your eyes. Fill the air with "Om!" & appreciate today's manifestations of your strength and blessings. </p>
<p> Amplify your cells' messages and squash those slave driving squeals. Thank your Being for its endurance. </p>	<p> Nightmare its Consequences. Tragedies are documentaries. Become addicted to Dreaming. </p>	<p>Well done! You made it! </p>
<p> Stick a gold star on your forehead. Scream laughing on the roller coaster ride. Inflate. Remain buoyant under siege. Out stare the eye of the storm. </p>	<p> Notice Nature. Apply the conscience of Green Peace to your Inner World. </p>	

- 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.)