

# INSTRUCTIONS FOR BEING

mix thoroughly for best results

## BE ALIVE

now, tomorrow, in life and in death, and in every breath and pulse of the universe

## BE POWERFUL

wrestle your fears. shine your light through the darkness and chaos. live as an example to others

## BE KNOWLEDGE

seek out your truth in your daily travels and question everything, question everybody, even your mom

## BE LOVE

you can only receive what you give. everyday is a birthday so give lots. bake some love. wrap some joy.

## BE THERE

only in being present can you bear witness to all of life's happenings. in life, you can't set the VCR.

## BE FUN

because I'd want to be stranded on a desert island with you. besides, we all take ourselves way too seriously.

## BE GROUNDED

feet on the ground, head in the clouds, not the other way around.

## BE YOUR DREAMS

dream for the sake of dreaming. you don't have to ever wake up.

## BE TOUCH

energy transfer to reinforce the oneness of us all (bonus: it feels good to touch and be touched).

## BE CRAZY

too many lives are based on sanity, and look where that's gotten us.

## BE CHANGE

resist change, resist nature. resist nature, resist our role in nature. resist our role in nature, resist self.

## BE PASSIONATE

life without the pumping of blood and the beating of the heart is, well, lifeless

## BE THE BEGINNING

all things start from one source, so manifest the reality you want to create in your world

## BE

because without action coming from self, you can't participate in the great law of physics:  
every force creates an equal and opposite force

BE THE SOURCE OF THE FORCE BE THE BEGINNING OF A PASSIONATE CHANGE BE THE CRAZY TOUCH WHERE DREAMS BEGIN

BE THE POWER OF THE LOVE THAT MAKES US ALIVE