



## Let's do things differently

The following positive habits have the power to make your life a lot happier and easier. We hold on to so many ideas, habits, people and things that cause us pain and suffering. Instead of letting them go, instead of allowing ourselves to be stress-free and happy, we cling to them. This stops here. Starting now, we give up on what no longer serves us, and embrace transformation and evolution. Up for it? Let's do it!

### What to do more of

- Celebrate and praise others.
- Celebrate and praise yourself.
- Laugh. Really laugh.
- Dance. Lose your self.
- Cry. Really cry.
- Breathe. Really deeply. Fill your self with life.
- Nature. No excuses. Do more nature.
- See the divine in everyone and everything.
- Find beauty everywhere, even in the mundane.
- Question your habits. You're worth it.
- Forgive others.
- Forgive yourself.
- Eat fresh natural foods.
- Chew, chew, chew. And, chew, chew.
- Eat organic.
- Eat more veggies.
- Eat wild-caught fish (and make sure it's sustainable).
- Earth yourself. Get barefoot.
- Get dirty. Enjoy mud.
- Feel. Express your emotions.
- Be vulnerable. If you can't, find help till you can.
- Meditate. Try different styles, different teachers.
- See a chi gong master for a healing.

- Try yin yoga. Encourages conscious awareness in movement.
- Try mind-body energy healing.
- Fast. It resets your system.
- Eliminate sodium fluoride, chlorine, and palm oil.
- Ditch micro beads, SLS, SLES, parabens and micronised oxides.
- Get some fibre. And ancient grains. Try chia.
- Get early morning and late afternoon sun. You need sunshine.
- Get up early. Enjoy the stillness.
- Rest. It's good for you.

### What to do less of

- Must-ing and should-ing. Who says? Stop. Feel. Watch.
- Belief-ing. Question every belief. Then test it again.
- Right-ing. Only nature has the right to be perfect.
- Label-ing. Allow yourself to see things fresh.
- Impress-ing. Who are you trying to fool? Set yourself free.
- Please-ing. Do it from real love or don't do it all. Manners are passé.
- Compare-ing. If you look, there will always be someone better. Stop looking.
- Blame-ing. Own your situation, even if it doesn't look fair.
- Gossip-ing. Give others the respect you deserve.
- Criticise-ing. Stop. We're all the same. Feel your heart.
- Jibber-jabber-ing. Stop bitching inside your head.
- Excuse-ing. Don't give your power away to feed shame.
- Complain-ing. Count your blessings; there are others worse off.

- Fight-ing. What's bigger – your soul or your ego?
- Control-ing. Cultivate faith. Allow things to be as they are.
- Resist-ing. Change is good. It gets you to where you want to be.
- Fear-ing. Fear is made up. The antidote is love and faith.
- Buying crap. Do you need it? How does it serve you?
- Eating crap. Stop. Now. It's crap if the ingredients have numbers.
- Eating sugar. You don't need it. You are happier without the habit.
- Staying up late. Have an earlier dinner and go to bed earlier.

### Did you know?

When we unblock our energy, kidney energy can flow to the heart centre, and our life force flows up to higher levels of awareness and being. Then we employ higher levels of mind, see things more clearly, depression lifts, we become more compassionate, understanding and patient, love becomes increasingly unconditional, and personal horizons are expanded. Sex also becomes more cosmic. There. Now you're sold on the idea. Tut tut, cheeky. ■



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