

DAY 17 – PROCESS

Read today's process first, then watch the video to practice, then once you're familiar with the sequence and want to practice it from start to end without watching, put in ear pieces and practice with the audio.

Leave using the audio till you're familiar with the day's whole process as you'll find it slightly different in sequence – this an example of circularity and promoting not being rigid about your rituals.

Short frame intention

First ask yourself, 'if this is the last month of my life, am I living it how I want and need to be?' Again don't answer it even though the shortened imaginary timeframe seems to demand a fast response. Just let the question be asked and to hang there. The answer will come of itself – and I can tell you exactly what it's going to be and by the time you get to the end of the training you'll know it too, provided you really take care to follow the instructions correctly including the instruction to practice this format each day for the rest of your life now.

Then in that same spirit of transcendent derring do, ask yourself, 'and what happens to my to-do list when I die?' Again don't answer the question. Just let it hang there and it will answer itself and thereby confer on you its gift of perspective.

Now look at what seems to be going on for you today, tonight, depending where and when you are, and what seems to need accomplishing in that time. Look at the habitual fears of failure, catastrophe or disaster you automatically throw up around it like stinging nettles. These are obviously not the outcome you desire or are to your advantage.

So then look at what you actually want to transpire – the achievement, the feeling and so on.

Then remember it doesn't matter whether you achieve it or not, even though a thousand rational reasons stand to contradict that. And it doesn't matter what you feel like either, even though it really seems as if it does. Because the aspect of you that gets perturbed by feelings, and that gets upended when plans don't coincide with what happens, is merely the constructed self in the front.

Go back into your back and stay there and you see with compassion how the front self drives itself habitually mad, but that isn't you, it's just energy moving in the shape of feelings and thoughts. Don't take it personally. For surely if this was the last month would you be inclined to waste any of it stressing over imaginary fears?

So you stay back and you have it all – you want nothing – because you already have the greatest gift of all, you're here. So how you actually pass the moment is secondary to that.

And with that degree of let-go, remember where you are, poised between the story so far and all the ancestors with the guardian watching your back, and destiny your beloved stretched out endlessly before you, do nine microcosmic orbits to purify, refine and protect you. and draw up the primordial self, along with the primordial energy that bounces out to the horizons 360 degrees to open the appropriate milieu in the sphere and invite destiny to enter you like an angel and sit within you awaiting your command. Then tell it, 'make it like this' or 'make it like that' according to whatever your this or that might be at the time, and 'let it benefit us all'.

Then swing arms nine times or more to pick up speed and slip time altogether so that you're instantaneously at the other side of the day's tasks feeling exactly as you wanted to having got done whatever you managed to get done, which more often than not will be a huge amount more than had you not attended to your outcomes like this first.

Listen to Audio 15 only when you are ready to practice and have familiarised yourself with the process in today's video.