

# DAY 15 – 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.

## Discerning and formulating intention

Now ask this (and don't answer it): if this is the last year of my life am I living it as I want to be and need to be? Then give it a moment to settle.

Feel your true nature – in the back.

What makes it sing? What makes it harmonize with the Tao? Joy? Play? Freedom? Love? Excitement? Pleasure? Kindness? Sharing? Connection? Plenitude? Serendipity?

Therein lies your intention and by activating it through acknowledgment now, all the accouterments and back-up will be provided, all the resources, all the people, and all of it in the perfect coalescence to support your intended state.

To engage your thinking mind in this your list of bogus intentions is a starting point, and look at the various items on it and determine the state of mind and state of being you imagine that facilitating for you, bearing in mind it's the state not the things you're after.

Drop back out of frontal wanting mode and into back-based having mode. Have the experience of that state now. Be safe. Be comfortable. Be proud of who you are and what you've done.

Be triumphant in being here. Be significant in having a unique gift for the world. Be valid. Be it and all the rest of it now.

See and feel yourself sitting safe and sound and all the rest right now – here in your body.

See it from the back of you. See how nothing is a lack when you're in your back.

Allow this reality into your field, into your infinite complex of spheres.

Drop back out of frontal wanting mode and into back-based having mode. Have the experience of that state now. Be safe. Be comfortable. Be proud of who you are and what you've done. Be triumphant in being here. Be significant in having a unique gift for the world. Be valid. Be it and all the rest of it now.

**Listen to Audio 13 only when you are ready to practice and have familiarised yourself with the process in today's video**