

JOIN THE

# CONSCIOUS LIVING & LOVING INITIATIVE

A Global Revolution in How We Communicate in  
Love, Work & Politics

## DO THREE THINGS AND THE WORLD CHANGES

An initiative is the first step in a process that determines the future. A revolution is a dramatic change in ideas or practice. We invite you to join the revolution and take the initiative. Your participation and contribution can help it sweep the world.

Here are the basic moves that will create the kind of future we want to live in. They're based on the thousands of miraculous transformations we've seen when people do these three things:

*Speak honestly, rather than concealing the truth.*

*Take healthy responsibility, rather than blaming others.*

*Express appreciation, rather than criticizing.*

# *These Three Key Moves Create Magic In Your Life & Miracles In The World*

**SPEAKING THE TRUTH.** When you experience conflict, notice any body sensations in your shoulders, chest area or around your navel. Take a deep, relaxed breath and describe those sensations in one out-breath, like *"My shoulders feel tense"* or *"I'm feeling anxious."*

**TAKING HEALTHY RESPONSIBILITY.** Instead of blame, take healthy responsibility, as in *"Hmmm, I wonder how I'm contributing to this conflict?"* Create a pleasurable "hmmm" tone that lasts through your entire out-breath. Explore different pitches and different places in your chest and throat to create the best-feeling hum. Then, while humming, invoke wonder by asking questions like:"

*"Hmmm, I wonder how this is familiar and where I learned this?"*

*"Hmmm, I wonder how this can be resolved?"*

**EXPRESSING APPRECIATION.** First, change your body position in some way that allows you to see a new aspect of the other person. For example, soften your eyes, move to the side or back of your partner, or open your posture by uncrossing your arms. Then, express your appreciation in one out-breath by completing the following sentence: *"I appreciate you for \_\_\_\_\_ ."*