

Indulge Your Intelligence (samples)

Indulge your intelligence. Let it run naked and curious through every room of your life, handling and investigating whatever it wants. Encourage it to play. Celebrate its creativity. Watch it dissolve in imagining and return speaking secrets.

Enjoy the impacts that destroy your illusions. Smile as you survive your doubts and falls. Wear your scars like jewelry. Gladly pay in blood and skin to escape what constrains you.

Flirt with awareness. Date opportunities for growing uninhibited. Find romance in situations that are joyful and freeing. Engage with living. Forge an ecstatic marriage with passionate interacting.

Fight off compulsive thinking and the dissociation it installs. Thaw out from the numbness, paralysis and isolation of excessive contemplation. Choose action, contact, sensation and connection.

Map the ratios of your rationality, the extent of their truth, what they are protecting, and how they filter your experience. Consider them the slats of your blinds and the bars of your cage. Carefully remove them. Release the tender animal within.

Try on ideas carefully. Demand they fit well and encourage motion. Shun uniforms and the armies in which they induct you.

Update your operating system. Reconfigure your fire wall of opinions. Change your menu items, access codes and passwords frequently so you cannot be hacked.

Take off the riot gear of ideas protecting you from others. Witness everything avidly. Accept what life presents.

Want to learn. Give up being a dictator, porn star, expert or messiah. Share the stage. Play in a band. Dilate awareness to include others' contributions.

Reassess your mental furniture. Identify the comfy couch of convenient interpretations that is your personal prison cell.

Refuse to be aggressed. When culture is groping you to provoke a response, shout it down and shut it off. Find sincere and intimate stimuli.

Reject entertainment as the opioid of the domesticated. Observe how it arrests you in passivity. Break arrest. Shake off the sedative of vicarious feelings. Escape with your life.