

## Guideposts for Evolutionary Living

- Cultivate gratitude and acceptance
  - Cultivate playfulness, learning and persistence
  - Cultivate openness and softness of heart
  - Cultivate presence and quietness
  - Cultivate sensitivity, creativity and possibility
  - Cultivate curiosity, questions and "not knowing"
  - Cultivate a partnership with fear and joy in "free falling"
  - Cultivate humbleness and humor
  - Cultivate equanimity and authenticity
  - Cultivate a capacity for transformation and surrender
- Let go of resistance and fighting "what is"
  - Let go of perfectionism and fear of failure
  - Let go of cynicism and "feeling hurt"
  - Let go of distractions and a busy lifestyle
  - Let go of numbing and victim-hood
  - Let go of judgement and "being right"
  - Let go of control and the need for certainty
  - Let go of self importance and seriousness
  - Let go of self doubt and the need to fit in
  - Let go of the fear of change and death