

There is no 'out there'
out there...



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What part of your body do you see with?



All we desire is already here.
All we have to do is swing open the door!

The Be-Do-Have cycle;

when you are able to just **BE**
you will **DO** whatever belongs to the truth of
your **BE-ing** (natural flow of life)
and as a result you will **HAVE** all that your
heart desires (that which comes from the
natural flow of life).

Right now, most of us focus on
what we need (want to **HAVE**)
in order to be able to **DO** what we wish to do
so we can **BE** who we think we should be.

How to get in touch with your BE-ing

Ask your body, BE-ing and/or soul questions;

- Body what would you like to wear today?
- Body what would you like to eat?
- Body what type of exercise would you like to do?
- Soul/body what do you need to be healed?
- ...

Through asking questions you go beyond 'programming'
You will be able to get in touch with yourself and find out what you truly need or want.

What you notice around you is an expression of what is going on within you.



Do you notice chaos or order around you?

Clear the clutter

1. Take simple steps
2. Be kind to yourself
(you are doing enough!)
3. Ask for help
(more fun doing it together)
4. Detangle the chaos
(tip; put pen to paper in
order to turn yourself
inside out)

This is a true story...



Now that you know
you have a choice!



Let's visualize!



