

WORLDS SHORTEST SELF HELP BOOK

A Muse letter

What is the "Worlds Shortest Self Help Book?"

The world has been made overly complex, and yet remains simple
While we live with many man-made rules, there are several imutable
laws.

I believe that once we tune into these laws we will restore our balance
and equilibrium

This short plan has helped me, I trust you derive some benefit from it.



**We hold these truths to be self-evident- that all
PEOPLE are equal**

While we intrinsically believe that equality is true, we
often do not demonstrate it,

The first step in gaining equality is getting balance in
our own lives.

The following meditation in poem form
is about balance,

lack and non-lack; need and non-need

I am full yet I am empty/ I am empty, yet I am sated- what provides sustenance?

I love yet I have hate/ I hate, yet I love- what is true love?

I have courage, yet I fear/ I fear, yet I have courage - what is bravery?

I am full but I hunger/ I am hungry, yet lack nothing- what is hunger?

I have faith, yet I doubt/ I doubt, yet I believe- What is true faith?

I am fat, yet I am starving/ I am starving, yet have no hunger- What is appetite?

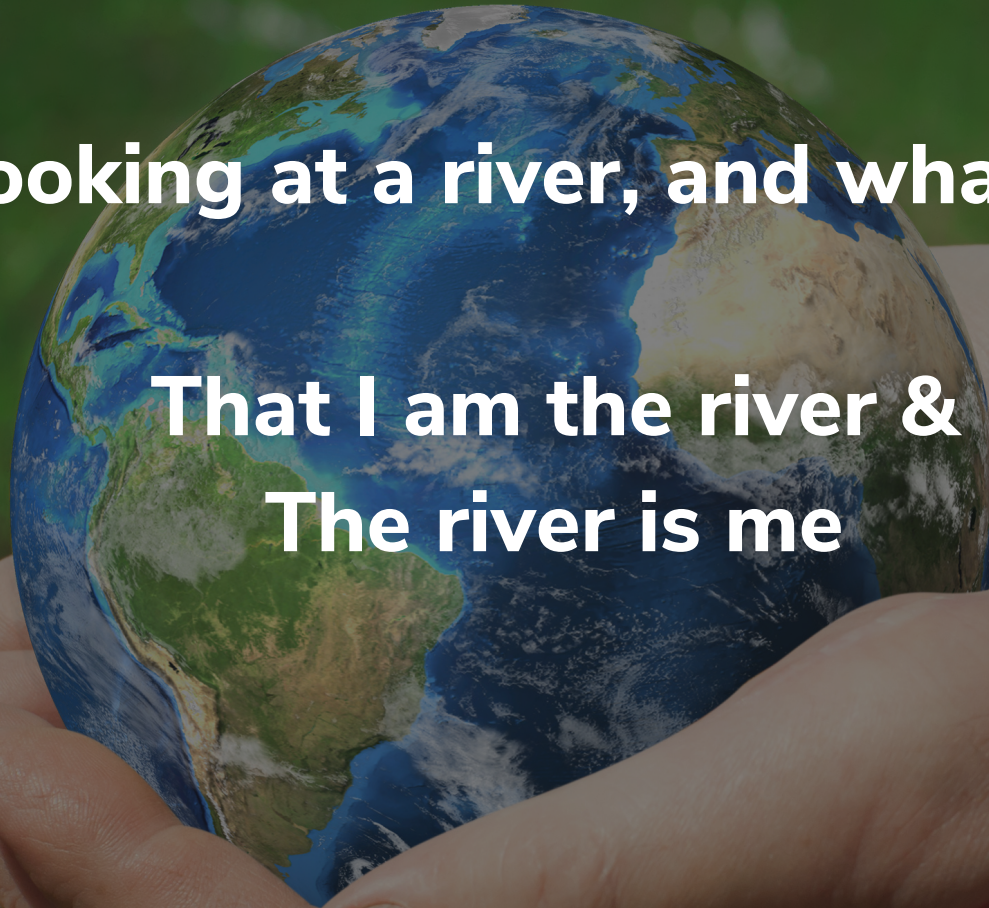
I am rich, yet I am poor/ I have nothing, yet are rich-What is wealth?

I shout but am not heard, I am silent, yet everyone hears me- What is communication?

We are the world, The world is us.

I stood looking at a river, and what did I see?

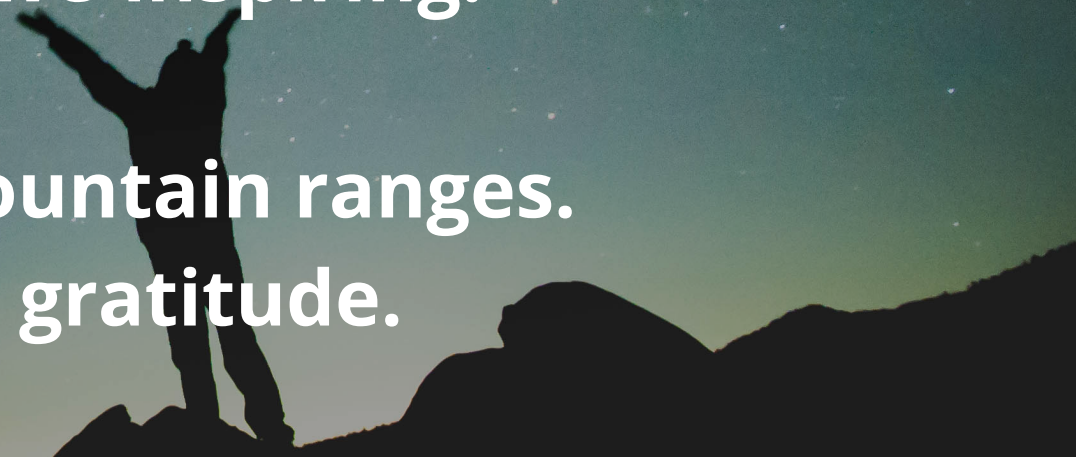
**That I am the river &
The river is me**



In all things give thanks
The first step in gratitude is to yourself
you have a debt of gratitude to YOURSELF
When I am grateful, changes happen.

Write gratitude letters.
A gratitude letter to myself.
A gratitude letter to others.
Build a gratitude-based mountain in your soul.
Powerful, majestic and awe-inspiring.

Building other gratitude mountain ranges.
By giving and receiving gratitude.

A silhouette of a person standing on a mountain peak with their arms raised in a gesture of triumph or awe. The background is a dark, starry night sky with a faint greenish glow near the horizon. The person is positioned in the lower right quadrant of the image, with their arms raised high against the starry background.



**The Gratitude Letter to myself:
Build a mountain of gratitude, things you have done,**

Start with something small:

I can tie my laces; I am grateful for this.

or

I have made money to feed myself; I am grateful for this.

or

I have a friend; I am grateful for this.

or

I have loved; I am grateful for this.

or

I have survived, I am grateful for this

F

FIRST

L

LOVE

Y

YOURSELF





Look back only for wisdom

Look forward with hope and gratitude

Live in the now for maximum peace.

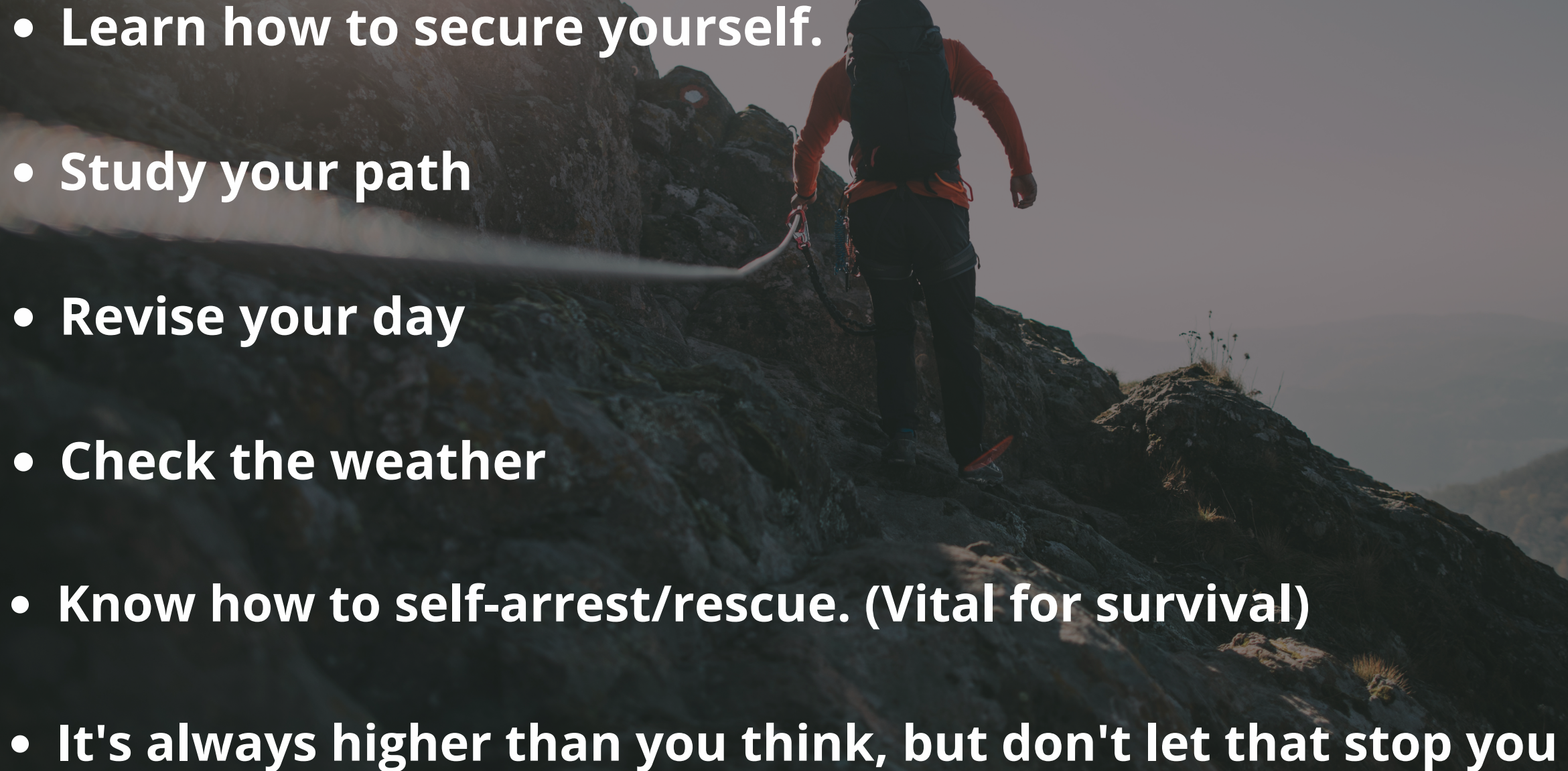
Live in the moment with grace.

**Forgive, yourself & others,
(and ask forgiveness, if need be)**

Connections

Rules for mountain climbing

For solo mountaineers

- Learn how to secure yourself.
 - Study your path
 - Revise your day
 - Check the weather
 - Know how to self-arrest/rescue. (Vital for survival)
 - It's always higher than you think, but don't let that stop you
- 

Being connected to others

Always be connected.

Find people you can connect to. It may be a family member.

It may be your significant other, it may be friends or professionals.

These people may change over time.

If you are connected to someone.

if you stumble, they will assist you.

If they fall, you will be able to help them.

Show compassion tempered with wisdom.



You must learn to self -arrest if you slip and fall.

You must practice mental hygiene to maintain a steady head in the event of a chaotic crash in your life, be it health, relationships, unexpected death of a loved one, or finances.

Troubles will come, you will be knocked down, but this does not have to be the end of you.

You are amazing, you will get through

if you slip...

Dig your ice axe into the snow and hold on, attempt to slow the speed down, then assess your options.

**If you tumble off a cliff you may end up broken and alone.
but know that you can recover**

Pratice self love and preservation.

**Always have hope
but
Invest in rope!**

I was 35 before I learned to breathe

and

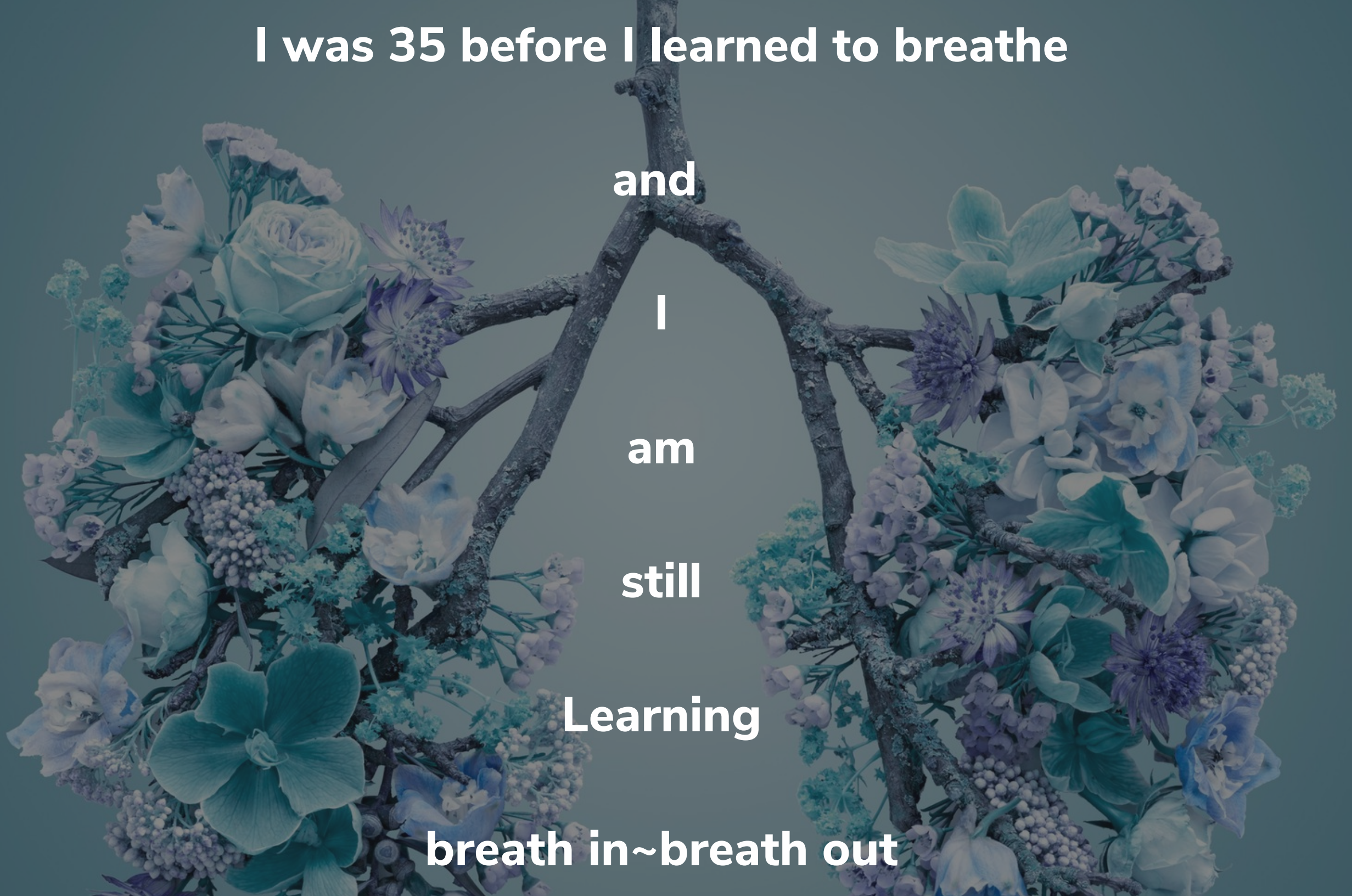
I

am

still

Learning

breath in~breath out



**Breathwork is a catalyst for an alchemical
event in body, mind, spirit, and soul.**

If you haven't yet,

Learn breathwork

and continue to learn

I once held my breath for 9 months



**The diet is multidimensional
take care of what you put
in your mouth
your mind
your soul
your spirit**

What is in your mind's pantry?

**When I was young,
I would ask,
"are we there yet?"
Little did I know**

...

we are always there

if you have enjoyed this, please pass it on.
Blessings and peace fellow pilgrim