

HOW TO SAVE YOUR OWN LIFE

QUICK BITS TO REMIND YOU TO
LIVE WHILE YOU'RE ALIVE

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HOW TO SAVE YOUR OWN LIFE

Unless you **begin** to acknowledge what it is **you really want**,
you probably won't consistently make decisions in alignment with it
(cause of other forces that you'll just flow with.)
(cause what does it matter?)

& if you don't consistently take action (thought & physical) towards a thing,
it won't become a thing.

& you'll feel like you sorta missed something.

you might not know exactly what
& you'll be sad.

so save your own life

& ask yourself, **'what is my heart's deepest desire?'**

HOW TO SAVE YOUR OWN LIFE

If you worry if people will like you, they won't.

Respect your own bedtime.

To be healthier,
and this is not a joke,
keep telling yourself you can eat whatever you want.
And then do it.
While you're doing it, **enjoy it.**
Really.
'Be' there for it.

Say as much as you mean, no more.

Move. Your. Body.

The more tv you watch, the sadder you'll be.

Believe in yourself more.

HOW TO SAVE YOUR OWN LIFE

If you did something that was f'd up,
say it was.
Even just to yourself.
And then **let it be**.

If you've complained about the same thing more than twice,
1. remember that nobody no longer cares because
2. you're choosing to live in that place.

People actually *Want to See* each other.

Preceding effective action is the belief **it will make a difference**.

Learn about the physiology of your body however it's easiest to start.
No rush. Over time, this practice will vastly improve the quality of your life.

Acceptance is the basis for **love**.

You can't say yes to everyone and everything.

HOW TO SAVE YOUR OWN LIFE

Live **your own life** in your own way.

A lot (maybe all) of your decision-making happens behind the scenes.

Whatever you're doing,
Friggin' **own it**.

You will only feel judged by others if you are judging others.

Look towards where you wanna go
without exception.

You can't get it wrong.

If you aren't good at something it's because you haven't practiced enough.
Period.

HOW TO SAVE YOUR OWN LIFE

Not everybody will understand what you write,
but if you write to make everyone understand you,
no one will want to.

Be with someone you **love to play** with.

Never settle or stop growing.
You'll know if you are.

Do what you can to feel comfortable in your body.
The time you'll save not worrying about it
will more than cover the time it takes to do it.
Give yourself 10 years to do it.
You'll get it.

If you don't want to be friends with someone anymore,
you don't have to be.

However your parents were, they were.
They did **the best they could.**
And sometimes a little more than that.

HOW TO SAVE YOUR OWN LIFE

You don't have to learn *how to dance*,
you only have to **learn to relax**
and **let the music move you**.

Don't watch anything
you don't think would create a useful or healthy
frame for real life.

Only desire & belief do what we think will power does.

You'll be who you think you are,
so do what you can to think highly of yourself.

Always assume that your partner is
expressing love in the way that makes
the most sense to them,
NO MATTER WHAT THEY ARE DOING.

You know if you're doing a good job or not.

Be honest with yourself about how you use your time.

HOW TO SAVE YOUR OWN LIFE

Don't be afraid to be ordinary.
Don't be afraid to be extraordinary.
Don't worry about wtf you are being.
Just be what you are.

It's not that serious.

Not everyone is going to be thrilled
you're progressing or changing.
That's ok.

Help in a way that facilitates, but doesn't stifle growth.
Over-helping? That's about you.

Stop thinking about the way things should be
and look at what is until you can **appreciate** it.

Say it how **it is**.

Anything you say to someone as advice is probably what you need to hear.

HOW TO SAVE YOUR OWN LIFE

Everything is a function of whether you think something is moveable or fixed.

Don't forget to find the *Extra in the Ordinary*.

Making fun of other people says **more about you** than it does about them.

If you're guessing,
say you're guessing.

If you're cold, put on more clothes.
If you're hot, there's only so much you can do.
Do it and then talk about something else.

You can fool everybody,
even yourself,
for an inconvenient amount of time.
Use data as often and well as you can.

If eating something doesn't make you feel good, don't.

HOW TO SAVE YOUR OWN LIFE

What's true is simple.

Let the **people you love** change.

Anything over two 8oz cups of coffee a day
might mean you have something else to look at.

Tiny
tinny
tinnnnnyyy
things **add** up.

Just because somebody says something with conviction
doesn't mean the statement is accurate.

If you know your limits,
push 'em.

Be who you want to be.

HOW TO SAVE YOUR OWN LIFE

Excuses and explanations don't actually do anything.
Use your mental bandwidth instead to **refocus and try again.**

Everyone is doing **the best they can.**

Love someone so deeply it's just plain ridiculous.
You will relish this more than anything else on earth and no one knows why.

Write yourself letters when you need to sort things out.

Support the arts by doing some.
A lot, actually.
Don't try to make something beautiful.
Just make.
And you will understand life better than by any other means.

You will transcend earth in *no* time.
Literally.

The voices in your head aren't You.

HOW TO SAVE YOUR OWN LIFE

Dogs unlock a lot.
If you think anything is “wrong with you,”
Get one.
And take amazing care of it.
Then turn that **love** towards your home
Then towards yourself.
Then the people you know.
Then the world.

Don't try to fix anyone.
This works for you, too.
Love really is enough.

Validate the need and value of alone time ASAP.

Your body is a dashboard.
Learn to listen to everythinggggg it tells you.
If you don't know how to, try this:
Say, “*I notice I feel (sensation) (location).*”
*I'm ready to allow the
necessary awareness adjustments.*
I trust in my knowing.
I am.”

Connect to god by breathing.
God = life, the present moment, silence

HOW TO SAVE YOUR OWN LIFE

Know that you are blessed overall at any given time
Your 'going well' to 'going wrong' ratio is probably 100000000 to 1.
Write out the 'going well' list until you remember and appreciate that.

Everyone is a person.
Everyone.

We live in our heads which are unique.
I.e. We each live in a different world while we share this one.

Nothing is random.

If it doesn't feel real to you,
You won't make it real.

When you notice you're digging yourself a hole,
sit down in it and breathe.

Positive reinforcement works.
Figure out how and why it works,
and then use it on yourself.
This is a ***secret key*** to life.

HOW TO SAVE YOUR OWN LIFE

Eat meat if you want to,
don't if you don't.

If you committed to someone in a relationship,
honor that.

If you don't want to,
sit with yourself until you understand better.

Ultimately, it's about you.

Usually they're showing you something about yourself
that you don't love, own, or see.

Smoke weed until you get it,
then commit to be of service to others.

Don't do things because they've been done before.
Do them *if and because you know why* it matters to You.

Love your body and treat it like you would if it was some precious miracle.

HOW TO SAVE YOUR OWN LIFE

Let yourself start over
now.
and as often as you need
But never tomorrow.
Always now.
And own it.

If you say you'll do it, do it.
If you're not going to do it, say that, too.

It's ok to be different.
It's actually all you can truly be.

Know what is sand in your gears.

You don't need to shield anyone.
Life is right here and everybody is better off
when everybody talks about things as they see them.

You'll only harvest what you **plant**.

Feel stuff that needs to be felt.
Don't think about it.

HOW TO SAVE YOUR OWN LIFE

A non-personal viewpoint is one of the most valuable tools in this game.

Learn to **get along with yourself**
and everyone else in your world.
If you can't get along with them, let 'em go.

Go to the ballet.

Remember who **you are (god)**
and don't hide from sh!t.

The best way to lift anyone up is to see them as capable.
The easiest way to do that is to
live your life like you mean it.
Inspiration comes from witnessing the realization of dreams.

You don't have to do anything.
You get to.
and if you can figure out a way to **feel like you chose it**
And like **it's leading somewhere great,**
you win at life.

HOW TO SAVE YOUR OWN LIFE

You only need to learn **how to feel two things**:
Right for **me** right now, not right for **me** right now.
This is your guidance system.

If someone tells you what they're like,
they're probably not
or they desperately want your approval because they don't have their own.

Take the pressure off and behold **magic**.

Nobody is going to save you.
There are no others.

Anything you don't like something about someone, SURPRISE!, is **just as loud in you**.

Take pride in yourself
and work
and home
and relationships.
It means you're giving it an honest effort.

HOW TO SAVE YOUR OWN LIFE

Sometimes nobody will see it but you.
Sometimes everybody will see it but you.
Master accurately reading these extremes.

Any thought you'd put to uninvitedly
solving someone else's problem, their personality included,
first think about yours, personality included.

Learn to read symbolism.
Pretend that your life is a movie and you were unattached in the audience.

Most everything is hypnotic.

If you live fully, you'll probably feel like you've died 3 or 4 times.
One time will be so bad that you don't care anymore.
And **then you'll live fully.**

Know how much things cost -- energy, time, money, attention -- and invest intentionally.

Just because something is reasonable doesn't mean it's the best choice.

HOW TO SAVE YOUR OWN LIFE

Learn **how to notice** when you're doing stuff
and when you're doing *stuff* to not do stuff.

Most people don't know what they want,
so don't worry so much about giving it to them.
It's better for everyone if you **focus on knowing what you want**.

Saying you don't have time for something means you don't want to do it.

Before things will be what you want them to be,
you have to emotionally and mentally
let be the way they were and are.

Everything that is known was once unknown.
**Some of what's known now replaced things
people were 100% sure about.**
This is life.

Theory will only get you so far.

Wait until you find someone who **really loves you**
and make sure **the feeling is mutual**.

HOW TO SAVE YOUR OWN LIFE

Don't forget that other people are also humans with their own stuff.

Take breaks.

Everybody dies.
If someone dies earlier than you expected,
Feel what you feel and then get living.
A lot of people are still living
who want you to be living, too.
Like really Living.

Being sneaky isn't good for you.
Don't try to change it.
Just open to understand it.
...That's pretty much the secret to everything.

If you drink alcohol, really know **why**.

Stay close to the ground and what's important.

HOW TO SAVE YOUR OWN LIFE

If you want someone to behave differently,
model it.

The only way people will take you seriously (for any really length of time)
is if you don't care if they do.

When life calls, **answer** the damn phone.

If you want to be a writer,
write until you are.
Same strategy applies for everything.

The practical value of being/acting/thinking egolessly is you can
look at things as they are without having to maintain or defend a storyline.
This allows you to make more effective choices that add up to all kinds of success.

You can never go back to any place, time, or way of being.
You are different now.
It won't fit like you think it will.
Let it be.

Everything that's common now used to be thought odd.

HOW TO SAVE YOUR OWN LIFE

If you're busy talking,
you're probably too afraid to do something new

Learn how to steer towards where you want to go.

Go for what *feels* right.

The smarter you are the more readily you acknowledge all that you can't know.

Go to sleep like you have **somewhere great to be** the next day.

If you don't know where you want to go or what's important to you,
no one else will either.

Real things won't look like you think they will.
You might miss them if you're not careful.

Whatever you're doing, **DO IT TO DO IT.**
Not for or because of something else.

HOW TO SAVE YOUR OWN LIFE

Assume they mean well
and still only do what makes sense and feels good to you.

When you leave a room, car, relationship, job, task,
do a quick scan and make sure you get everything
And then *go forward confidently*.

Listen to what you say to your kids.
They'll be **saying it to themselves** for the rest of their lives.

There's a difference between bragging and sharing.
If you're not sure which one you are doing,
see if you are trying to make somebody think something about you.

Find the **beautiful in everyone and everything**.

Structure things you're trying to learn or change as experiments.

Learn how to effectively and sincerely *congratulate yourself*.

HOW TO SAVE YOUR OWN LIFE

If you're hungry, eat.
If you're not, stop.

Nobody needs you to tell them, "I told you so.."

Hold yourself to higher standards than you hold for anybody else.

Know how to wield **your greatness**.

Prepare for your day like you're going somewhere where something you've been looking for is waiting for you.

You can't do anything outside of Here & Now.

How does that relate to a happy life?

Think about this before you think about much else.

You can't actually know if something is objectively nor ultimately 'good' or 'bad.'

HOW TO SAVE YOUR OWN LIFE

Just when it's about to become so complex it's unwieldy
it'll get simple.

Your life will be a result of the stories you tell yourself.

The thing is the thing.

Success in an area is determined by your ability to keep it real.

If you're not playing at your max,
you're probably bored and causing all kinds of problems for yourself.

Your focus determines your experience.

We are All magic wands.

HOW TO SAVE YOUR OWN LIFE

This book is dedicated to life.

Which to me,
is everything.
All of me.
All of you.
All of it.

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