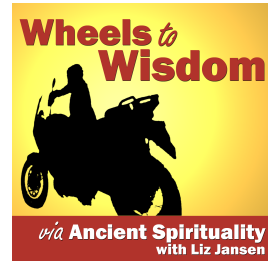




## Daily Diet for the Evolving Soul with Ana Forrest

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How we go around the twisties on our motorcycle sets us up for what's ahead. - How we go through them and hold them inside of us, totally dictates what comes after that.

There are moments that are higher ceremony that give our life significance. This is vision quest, this is ceremony, so bring the best quality of attention into it and everything brightens up considerably Everything we're doing comes into clearer focus and more tactile sense. I want to teach people how to live with that visceral intensity and awareness, not the dull automatic mind.

To turn on deep breathing is part of bringing in that high-level intensity, awareness and awakesness, and sweetness into the moments of our life, no matter what we're doing. Start breathing deeply and the treasures will come in.

### **Spiritual Guidelines (Sadhanas) for the Evolving Soul**

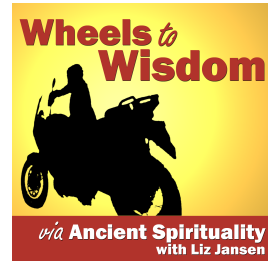
1. **Allow time for silence and allow time to digest.** In order to digest the wins, it's important to have silent time and reflect. Be quiet, focus on what we're doing and feel it through.
2. **Speak your truth from a place of honesty and integrity.** We lie as a matter of course, thinking it's a social lubricant. Actually speaking our truth is so much more fascinating. When we reveal our self to another person, it's captivating. When we hit the "shy" wall and shut down, breathe, speak the truth about hitting your shy wall and the door opens to explore even further what you were just expressing.
3. **Learn to live honestly at the edges.** Tools that make us more effective in struggle moments or challenging times. When we're riding and hit a challenging spot, we tighten our eyes and our neck and that makes us terrible riders. As soon as we tighten in that way, we're no longer responsive to what's happening on the road or with our bike. With your deep breathing, invite in the self-awareness and feeling, being very curious and away of how to live with integrity in that moment. Choosing to go numb is outside of integrity. We need that sparkle up energy of our younger self so we don't get burdened by our knowledge and can savor how wonderful it is to be alive.
4. **Avoid self-mutilating thoughts.** We need to learn how to intelligently critique ourselves, but frequently our critic is insane and shreds us instead. This is non-productive. We're taught that whatever we're doing, it's not enough. The lesson we take from that is that *we're* not enough. Stand on the

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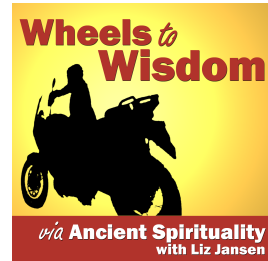
truth, “You are enough.” There’s always more to learn, but that doesn’t negate that you are enough. Decide to live from this truth and no longer live with the lies that I’ve adopted as truth. Stop obeying bullshit. We *all* have something of value that other people would love to be in the presence of. Take deliberate action to use your gifts today. Write down your gifts and put the list where you’ll look at it every day to remind yourself of your gifts and reconnect with them, especially on those days that you lose touch with feeling how utterly incredible, mysterious and gorgeous you really are.

5. **Practice being your wiser self in all things.** Step into your wiser self, no matter what you’re doing because it’s a very enticing place to live, and not at all boring.
6. **Live on the ecstatic spectrum.** Do things as part of your daily diet that give you contentment, joy, pleasure, delight and on those really advanced days, go for ecstasy. You do that with your intent, deep breathing, full body feeling. Dulling ourselves is not wise. Becoming partially dead is not wise. Come into full feeling, even if it’s scary because that can be exciting too. Sometimes I need to feel through the pain to move it out. If I try and shield it, it’s like keeping a toxic bullet lodged in my heart and I want to get rid of it. Eventually the waves of painful feelings smooth out. Our heart becomes stronger and more responsive.
7. **Practice using sound to express your emotions.** If I’ve just had a scary experience on the bike, I like to dance it out and move it out of my cell tissue. We can all sing. We can all dance. It’s a form of expression, gratitude and connecting to the sacred ones. Anybody that has a body can do this. It’s important to break the inhibitions that say we can. Those inhibitions are deadening – and they’re lies. The expression is part of your good medicine.
8. **Practice living struggle free.**
  - a. Recognize the situations that put you into struggle. Feel for your breath going deep and steady. We lose our resourcefulness when we tighten down.
  - b. Focus on using your strong body parts.
  - c. When you’re struggling is a great time to step into your wiser self and communicate, with yourself or another person, with intent to heal.
9. **Build your strength.** Use deep breathing. Inhale, and spread your ribs out sideways. Feel for relaxing in the neck because the neck will want to grab. Exhale, relax the shoulders and shoulder blades down, then pull the belly in



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so you get completely empty. Your abdominal muscles become part of your breathing and get toned up and strong. Another way is to do [Forrest Yoga](#). Read Fierce Medicine, look at the classes that are available online, Consider yourself important enough to do a daily practice to build your strength and your connection to your authentic self and your sanity.

This is a daily practice is like maintenance wherever you are on your journey. The Sadhana practices give us a daily diet for the evolving soul. Choose to take the actions that will evolve your soul. Be brave enough to do something to evolve yourself.