

## 16 Tips for Navigating 2012 Chaos

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It seems that the level of chaos and sudden last minute changes has increased this year. Here are 16 tips for navigating 2012 chaos

- Tip: Create conditioned space when traveling a lot by conditioning an object that I bring with me - eg a meditation mat
- Tip: Chinese character for chaos is danger + opportunity - focus on increasing the latter...
- Tip: breath and posture shifts
- Tip: daily yoga practice
- Tip: Donna Eden 5 minute energy exercises
- Tip: Play kirtan chants at volume just below hearing level in room 24/7 to condition space
- Tip: viewing failure as information rather than judgment. A "mis-take" is a chance for a "re-take".
- Tip: invoking the energy of a child who wants something and persists and focuses only on the positive and ignore any negative stuff.
  - a child learning to walk will fail hundreds of times before they can walk. (Many adult don't want to try something new every ONE time!)
- Tip: stretch yourself daily, take a risk once a week, die often (your comfort zone) (From Rhonda Britan material) <http://www.monagrayson.com/day-6-stretch-risk-or-die-change-your-life-in-30-days/>
- Tip: adjust the thermostat of your comfort zone (a Matrix technique)
  - raise both lower and higher "temperature settings"
- Tip: Ask angels for help in situation
- Tip: practice ho'oponopono - chanting inside "I love you. Thank you." as you think of/experience 3D and/or people in your life
- Tip: EFT - acceptance, forgiveness of situation plus going through the best and worst cases as you tap
- Tip: Yuen method techniques for feeling 10/10, and shifting feelings of best and worst case - similar to your bringing in source to 3D awareness
- Tip: Sedona method - releasing issue, diving into avoided emotion (compare to fearology)
- Tip: Mark Dunn going "low" to ground and center during chaos