

Appendix:
Owner's Manual for Your
Not So Big Life,
Step-By-Step

As you read through the owner's manual and pick the five points from each section that stand out most for you in your life right now, you may also want to include a note that will remind you a year from now to reread and update the list you've created. Include the date of your next review, just as you might when you've had your furnace inspection or the oil changed in your car. You might even want to put a note in your calendar as well. Though this will be obvious to you now, a year is a long time, and it's easy to forget. Placing a note on your page of reminders will keep it in your awareness and will make you much more likely to follow through next year and the year after that. Imagine what shape our cars would be in if we forgot to change the oil periodically. Without this exercise, our lives will be in a similar state of disrepair.

One: Everyday Routines to Support Your Growth

This first aspect of the owner's manual is a continuation of a number of routines that are fresh in your mind right now but you will need to revisit and reinforce over the coming months and years in order to remember their importance. These routines are listed, with their respective chapters and sections identified, so that you can go back and read about them if you've forgotten how to implement them effectively. You may want to reread the respective sections once a year anyway, since words and explanations tend to grow in meaning as you become more practiced in a particular discipline.

A. MAKING A TIME AND PLACE FOR SOLITUDE

See chapter 8, p. 170.

You can meditate for twenty minutes, thirty minutes, forty-five minutes, or an hour each day. Whatever duration you choose, make it one you can maintain, and one that you commit yourself to. Make it as automatic as brushing your teeth.

B. KEEP A LOG IN YOUR NOT SO BIG LIFE NOTEBOOK, OF THE FOLLOWING INFORMATION:

- ***Significant moments and synchronicities***

See chapter 2, "Identifying the Significant Moments in Your Life", p. 39.

As you start engaging in your life in this more active way, you'll find that you experience more moments of significance and more synchronicities than you used to. But if you don't record them in some way, you may well forget them. The point is not to become attached to or identified with these moments of significance but to use them as a lens through which to see changes in yourself over time.

- ***Observations made by the Watcher***

See chapter 6, "Developing a Watcher", p.123; chapter 4, "Revealing the Underpinnings of Your Personality", p. 79; and chapter 3, "Understanding Your Relationship to Time", p. 59.

These include the recognition of hidden beliefs, patterns of reacting to things occurring in your daily life, rejections of or judgments about what is happening to you, and changes occurring in your orientation to time.

- ***Inquiries into any of the above***

See chapter 4, "Revealing the Underpinnings of Your Personality, p. 79, and chapter 9, "I Am Not That Thought", p. 201.

These will help you better understand what lies at the root of your beliefs, reactions, rejections, and judgments. Keep in mind that all your observations about conditioned patterns are food for *you*. They don't have anything to do with the "other" that you are reacting to, rejecting, or judging. What you react to in your waking dream is there to help you see *you*.

- ***Dreams and dream expansions***

See chapter 5, "Exploring Your Dreamworld", p. 102.

If you continue to keep a journal beside your bed for recording dreams, and you designate ten to fifteen minutes after you wake up for jotting down what you remember, you'll find a continuous influx of nutrients for your growth and development. Don't forget that every character and image in your dream is an aspect of you. It's not about anyone else.

- ***Observations about meditation and other exercises in presence***

See chapter 7, "Experiencing Presence", p. 150; chapter 8, "Making a Time and a Place for Solitude, p. 170; and chapter 9, "I Am Not That Thought" p. 201.

As with observations about significant moments, the objective here is not to attach to or identify with the experiences but to use the documentation process to help you observe the changes that are under way. When you are in the midst of your life, it is often difficult to notice changes because they happen slowly. Documenting your observations allows you to see what's happening.

- ***Experiences following intentional behavior changes***

See chapter 10, "Changing Your Behavior", p. 230.

Whenever you feel stuck, bored, or frustrated in your life, changing a conditioned pattern or two will move things along. The pattern you pick to change doesn't have to have anything to do with the place in which you feel

stuck. A single change of behavior alters the whole picture. It can't help but do so because the entire system is interrelated.

Two: Strategies for Revealing More of Your True Potential

This next aspect of your owner's manual cites specific ways in which to proceed in your life, ways that will provide you with the most nutritious diet possible for your growth and evolution. You may want to refer to these attitude statements often, for if you don't have them readily at hand for certain situations, you'll find yourself doing the opposite of what is best for your growth. Again, I have added references to the sections in the book where you can read more about each attitude. You'll find it useful when you are faced with a dilemma or when you feel overwhelmed by circumstances to read through the section that most closely applies. A reframing of the issue can always help you see a different way of proceeding.

- Be on the watch for the things you are addicted to accumulating: *p. 56.*
- Let go, breathe, and allow the unfolding to unfold: *p.143.*
- Experience, but do not attach to or identify with anything: *p. 117.*
- Follow your passions: *p. 208.*
- Clearly express your intentions; then let go: *p. 211.*
- Focus on what you want, not on what you don't want: *p.215.*
- Be obedient to the situation: *p.217.*
- Go toward that which you are rejecting: *221.*
- Do one thing at a time: *p. 223.*

Three: Reminders to Keep You on Task

Throughout this book I've provided phrases that are intended to be catchy reminders that will arise in your mind when you need them. As you do more of this introspective work, you'll find that the guidance you need for each situation will often come through these succinct commentaries. They'll pop into mind

when you least expect it, and if you listen with the inner senses you've been developing as you worked through the preceding chapters, you'll find that the very thing you need to do next or the understanding you need to recall is contained within the phrase. When one of the phrases presents itself, by reading the section in which it occurred you may find additional insights to help you on your way. Here is a list of my top twenty of those reminders:

- The *only* way to change the world is to change yourself: *p. 35.*
- Live the questions: *p.93.*
- Everything's a reflection: *p.105.*
- The world is not out there; the world is in you: *p. 109.*
- All there is, is you: *p. 116.*
- Never underestimate the personality: *p. 124.*
- *Be* in your doing: *p. 133.*
- Follow the synchronicities: *p. 135.*
- Ask, and you shall receive: *p. 143.*
- Life is the experiencing of the experience: *p. 146.*
- We can truly become human beings rather than human doings: *p. 157.*
- Everything is food for the journey: *p. 183.*
- There is no right or wrong answer: *p. 185.*
- You are not your thoughts: *p. 189.*
- There *is* nothing wrong: *p. 191.*
- You are never abandoned: *p. 196.*
- Do what's in front of you to do: *p. 197.*
- Nothing happens by accident: *p. 196.*
- An idea can only generate its own nature: *p. 211.*
- When you look with the eyes of a student, everything can teach you: *p. 214.*

Four: Questions to Keep Asking Yourself

As we've seen, the process of inquiring into the beliefs and conditioned patterns that we've previously taken for granted is a powerful method for waking ourselves up. But when we are in the midst of our daily lives, it is easy to forget that we are functioning on automatic pilot; it is easy to forget to inquire. So this aspect of your owner's manual is a list of questions that are intended to keep you aware. Every time you are about to make a decision of any kind, read through this list to see if there are any questions that leap out at you suggesting something to be inquired into before you proceed. These questions aren't intended to stop you from acting, but they will allow you to look more closely at your motivations and hidden beliefs before you proceed. Sometimes the inquiry will refine your decision making, and sometimes it may change the outcome of the decision making. But in either case, through the inquiry process you'll be learning more about yourself. Always keep in mind that the point isn't to arrive at a single fixed answer but to probe the underlying framework of your beliefs and expectations.

- How have you wanted to change the world? Can you identify the ways in which you have been looking for a related change in yourself?
- With each purchase that you make, what are you looking for? What does the purchase represent? Does it fill a need, or is it a substitute for something else?
- What could be done with your resources (time, money, energy) once your physical well-being has been accommodated?
- When do you know you have enough?
- Is there an interest or an alternative career that you've been putting off pursuing? If so, what keeps you from pursuing it?
- Who or what is deciding there isn't time?
- How many "extracurricular" events are you involved in? What are you getting out of them?

- What are the stories you tell over and over? Why do you tell them? What does each one represent?
- What conditioned patterns are you aware of in your behavior? Why do you do them? Where or how did they originate?
- What does your internal judge say about your behavior? About the behavior of others?
- Can you see that the events occurring in your life are there to feed you, whether they make you feel good, bad or indifferent?
- As you attach to a thought stream, you have the opportunity to watch what happens. Ask yourself:
 - How do I feel as I become attached to it?
 - What's the point of attaching to it?
 - Have I done this before with the same kind of thought?
 - Where did the attachment to this thought begin?
- Whenever something “bad” or uncomfortable happens, ask yourself: If all there is, is me, what does this signify?
- What conditions must be in place in order for you to function?
- What would you do differently if all the waves, whitecaps and storms of life were simply there to wake you up to who you really are?
- How do you live a life well?
- What is Now?

Five: Flags to Watch For

When you know how to recognize them, there are many behavior patterns that can allow you to see when you're stuck or functioning in sleep mode even when you think you're awake. This list of behaviors is intended as a reminder for your watcher. If you observe any of these flags in the content of your waking dream, take a time-out and read the section that's referred to. This part of your owner's manual is hugely important because it is most difficult to stay objective when you are feeling reactive. This list provides a method for noticing when you are not

being objective and offers a reminder to pause while you inquire into the real issue at hand.

- Watch out for magical thinking and self inflation. If you believe there's something magical happening just to you or if you are "being told" by some inner voice that you have a special mission, know that this is the personality at work. It is not real or true.

See chapter 4, "Revealing the Underpinnings of Your Personality," p. 79.

- When you believe that something upsetting in your life is about someone else and not you, stop. It's about you, and it's happening so that you can learn more about *you*.

See chapter 6, "The World is in You," p. 109.

- Reactivity is always the result of conditioned patterns and confused thinking, and it's a flag indicating the presence of a filter over reality.

See chapter 6, "What You Believe, That Just Ain't So," p. 119.

- The way things are is the way things are and no amount of wishing will make them any different.

See chapter 9, "Not A Problem", p. 179, and "Learning to Recognize the Nutrients for Inner Growth," p. 183.

- When you are looking for the right way to go and you can't figure it out, remember, there is no right answer. Honestly. The part of you that's trying to figure it out is lost in the appearances.

See chapter 9, "Doing What's in Front of You to Do," p. 197.

- If you try to think your way to understanding, you are bound to get stuck; you'll end up only confusing yourself further.

See chapter 9, "Working Mind versus Thinking Mind," p. 186.

- When we bemoan the state of the world, we're saying that the ocean surface shouldn't be choppy. There is absolutely no way to make the appearance perfectly still and tranquil.

See chapter 9, "Not a Problem," p. 179, and "Learning to Recognize the Nutrients for Inner Growth," p. 183..

- When you find yourself believing that you are in the right or someone or something in your environment is intolerable, you are experiencing your personality in an all-out fight for survival. Don't buy into its absolutism.
See chapter 9, "Not a Problem", p. 179, and "Learning to Recognize the Nutrients for Inner Growth," p. 183.
- Watch for rope-pushing behavior, and as soon as you notice it, cease and desist.
See chapter 10, "Don't Push The Rope", p. 216.