

MANIFESTO FOR A DEEPLY INTIMATE LIFE

ALL EXPRESSION IS A VERSION OF
INNOCENCE.

REMOVE JUDGEMENT – SEE THE INNOCENCE.

ALL EXPRESSION IS SACRED – THE VULGAR IS
AS SACRED AS THE POLITE.

HOW WE RELATE TO SEX AND OUR
SEXUALITY INFORMS HOW WE RELATE TO
THE WORLD.

OUR BODIES CHOOSE OUR DIRECTION FOR
US.

OUR BODIES LOVE US SO MUCH THEY WILL
DESTROY THEMSELVES, SO THAT WE BECOME
THE UNCONDITIONAL LOVE WE SEEK.

EVERY SINGLE EXPERIENCE WE HAVE IS THE
TRUTH OF LOVE REVEALING ITSELF TO US.

DO NOT CONFUSE PAIN FOR THE ABSENCE OF
LOVE.

LOVE YOUR INNER VICTIM SO
UNCONDITIONALLY YOU CAN FINALLY
LET THEM GO.

EXPERIENCE FREEDOM BY LOVING FULL OUT!
REGARDLESS.

WHATEVER SOMEONE ISN'T GIVING US, THEY
ARE UNABLE TO GIVE US.

WHAT WE CALL, DARKNESS, IS A TRICK OF
THE LIGHT, BECKONING US TO KNOW IT
MORE INTIMATELY.

THERE IS NO DEEPEST LEVEL – IT IS
CONTINUOUS.

BE THE MESS YOU ARE AFRAID TO BE.

BE WILLING.

OUR INSTINCTS ARE WISEST.

AS I HEAL MYSELF, I HEAL OTHERS.

LOVE NEVER HURTS. EGOS HURT. LOVE
THEM THROUGH THEIR UNRAVELLING.
IT IS SCARY. AND THEN, IT IS NOT.

THE DEEPER WE GO, THE MORE
UNSHAKABLE WE ARE AMIDST THE
UNKNOWN.

FEAR IS THE SIGNAL OF EVEN MORE
INTIMACY AVAILABLE TO US.

DISAPPOINTMENT IS THE SIGNAL OF OUR
CONDITIONS WANTING TO BE LET GO.

WHEN THERE'S NO GUARANTEE WHAT
WILL HAPPEN, OFFER LOVE.