



How to be a Positive Deviant

Be here fully where you can be of earthly good. Breathe, get yourself grounded and present.

Make room for Spirit to move in you. Release the chronic clench in your mind and your muscle – struggling is the breeding ground for scarcity.

Know that you belong and that you are essential. Know that for everyone. Stay awake to the delusion of separation and herd mentality.

End your allegiance to “I’m not enough” and “There’s not enough”. Get in a more compelling conversation.

Recognize that your experience of life is determined by your inner state, rather than your outer circumstances. Keep returning to center where you have the most choices.

Advocate FOR, not against. Use your precious energy for service rather than righteousness and resentment.

Be accountable for your own well-being. Keep yourself full, fueled, and inspired. Honor what your system needs for you to be at your best.

Appreciate that oppressors are as caught in the Trance as those they oppress – don’t demonize them, pray for them.

Stay fluid. Laugh at yourself, be in nature, meditate, love freely, be grateful. Keep your heart light, mind open and body active.

Do what is yours to do with no apology or arrogance.