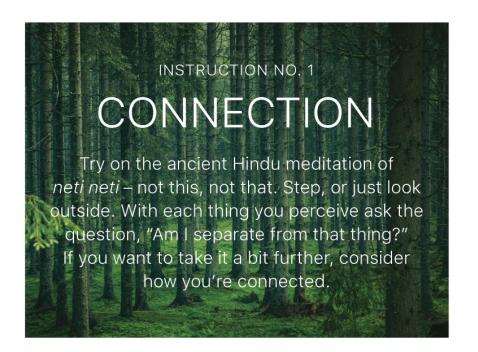
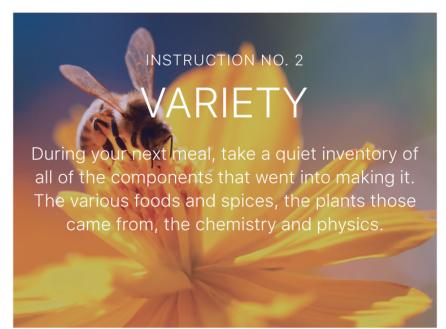


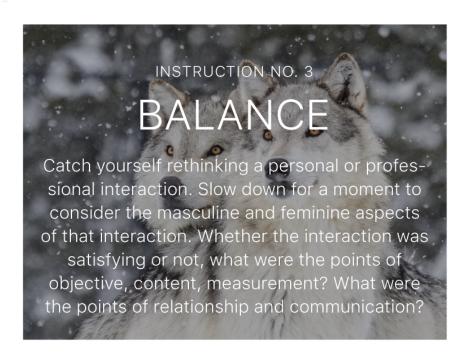
THE 8 INSTRUCTIONS

Life is full of overwhelm, but you don't have to solve anything right this minute. You don't even need to make extra time in your day to start following the 8 Instructions of Full Ecology.

Here's a sample of a collection we've created—actions you can take almost anywhere and anytime. If you can only do one thing, try incorporating one of these bite-sized practices into your routine. Consider printing this page and cutting it into cards you can slip into your wallet, tack to your fridge, tape to your bathroom mirror, and explore daily.









INSTRUCTION NO. 5

EFFICIENCY

Close your eyes and notice your next few breaths. Consider the astonishing efficiency of what your body does with the air it draws in before it releases what it doesn't need in the air it exhales. With all the confusion and mess that arise in a day – plenty is working.

To lift your spirits on a funky day: Look to the tops of trees. Mary's "Fairy Godmother," Mayme Porter anticipated neuroscience when she offered this suggestion to 19-year-old Mary. "First you have to notice that you're feeling blue. And each time you do, look to

the tops of trees."

