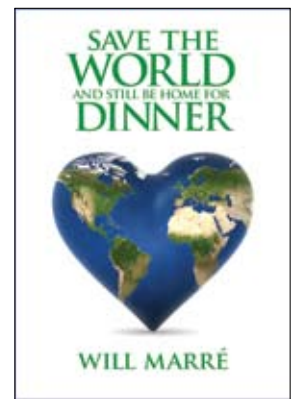


# SIX STEPS TO GETTING CLEAR ON YOUR SOUL'S DESIRE

*from Save the World and Still Be Home for Dinner*



We are so addicted to stimulation, it's as if we are chain-smoking mental noise, and the interruption of that flow feels a little frightening. To break away from it, we need nothing short of a personal recovery program. It's a way to recover our innate capacity for insight, a way to switch on the light of our soul and see our deepest, most noble desires. This recovery program doesn't involve signing up for a retreat or heading for the nearest monastery, but it does require commitment, like an exercise regimen.

Think of the following six steps, found in Will Marré's new book **SAVE THE WORLD AND STILL BE HOME FOR DINNER**, as aerobics for the soul. They're simple, free and, after the first day, extremely satisfying.

- 1) Shut off the grid** – No TV, movies, novels or news, including newspapers. No music other than soothing instrumentals. The key is quiet reflection. In time it you will feel simply feel liberated.
- 2) Eat only healthy food and only when you are hungry** – It's alright if you eat five meals instead of three, but when you eat, focus exclusively on the taste and texture of the food. Sit down, really taste the food, and eat it slowly, bite by bite. No sweets or manufactured snacks, alcohol, sodas or energy drinks – just water, tea and healthy food.
- 3) Get some solitary exercise everyday** – Walk, yoga, dance. Focus on how your body feels -- your muscles, breathing and movement. It's okay to attend a class or use a personal instructor, just forego competitive sports for now.
- 4) When you work, put all of your attention on it** – Do it mindfully and enthusiastically. Take 10-minute breaks every 90 minutes. When you take a break, physically get away from your workstation, desk or office. Listen to pleasant music, go for a walk, sit on a bench or stare at some flowers. Return refreshed and throw your creative energy back into your work. Shed filler work that doesn't produce value and treat the value-producing aspects of your job as sacred and significant. Don't work more than eight hours and when work is over, unplug – no cell phones or emails. Give yourself fully to your non-work life: your family, friends and hobbies, and get eight hours of sleep.
- 5) Be intensely present with people** – When you are in a conversation, put all your attention on the person you are speaking with. Consciously look into their eyes, the structure of their face. Notice the energy in their voice, their concerns, their hopes, and their happiness level. Don't allow your mind to wander. Ask questions as they arise in you and look for ways to offer help. Do this with everyone, including cab drivers and cashiers.
- 6) Practice presence with your senses** – From time to time put all of your attention on how the air feels against your skin and what you smell. Listen carefully to all sounds, even those you normally ignore. Look for light and shadow. Just keep paying attention. As you do this, your emotions will become elevated, your thinking will become more acute, and your sensitivity to your essential self – the part of you that is beyond your brain – will begin to become more obvious to you.

**To Schedule an interview with Will Marré, please contact Candie Perkins at [candie@willmarre.com](mailto:candie@willmarre.com) or 866-876-6596**