

CHANGE YOUR DAY, CHANGE YOUR LIFE

JACKDIRT

PUBLISHED BY EXCOMMUNICATE

WRITTEN BY JACKDIRT

Change Your Day, Change Your Life
Jack Dirt

First Edition
copyright ©2012 Excommunicate.Net

Preface

IF YOU DON'T CHANGE YOURSELF WHO WILL?

Congratulations, you have made it this far. Today is the first day of the rest of your life. Are you ready for tomorrow? This is a series of different activities that will span 365 days. Some activities will be subtle, others will be more involved. At the end of the 365 days even if you do only 20 of these things you will be a new person. Be careful and have fun!

In our day to day lives we may often find ourselves getting stuck in an very comfortable rut. Sometimes we need to leave that comfort zone to learn what kind of person we really are. It's never an easy task doing something we don't usually do or never do. Change is good, despite popular belief, change is what helps us realize we are alive and gives us appreciation we never had.

Day 1

SPEND THE DAY WITH SOMEONE MORE FORTUNATE OR LESS FORTUNATE THAN YOURSELF

Grab \$10 – \$20, a small pad, and a pen or pencil. Go outside and start walking, or drive to the city. The note pad is so you can record something you will remember. The cash is to spend on yourself or another. Walk around for a while until you find a place outside to sit down and spend some time. Pull out your pen and pad and start writing, write down what you see, write down every detail. Wait, eventually someone will talk to you. When they do, you must say and do whatever you need to so you can spend at least 3-4 hours with them. The object here is to learn something new and step outside your comfort zone. Stay outside until you learn something new or have found yourself doing something you never would.

Day 2

COMPLETE A FREE ONLINE GNOSIS COURSE

Knowledge is a great tool and learning can be a great experience. Usually it is not our physical traits that get us to where we are in life. It is our ability to learn and apply our knowledge to better ourselves or improve our position that helps us. The best way to find out if something is true is to read about it or experience it yourself.

One of the premiere organizations in the Gnostic tradition is offering free online courses. Pick a single course to learn about or learn them all. Since it's free take advantage of it. If you don't have time to read then they offer podcasts of some of the lessons. www.gnosticteachings.org/courses

Day 3

REMEMBERING THE FORGOTTEN AND RESPECTING THE DEAD

Today, go for a walk, small drive, or bike ride to a nearby cemetery; the older the better. Before you go you will need one or all of the following.

- Camera
- Pencil, or Crayon
- Pad
- Pen
- Large sheet of paper

When you get to the cemetery just start wandering. While you wander remember that there are people here, and these people once meant something important to someone. If the cemetery is new, go to where the older graves are. Pick a grave at random, and take a picture of the tombstone, if you brought your camera. If you don't have a camera then get the large piece of paper out, and your pencil or crayon. Place the paper over the stone and do a rubbing of a particular part that interests you or gets your attention. When you have your rubbing, thank the person out of respect for allowing you the opportunity to do this. Write down their name and any other information on their tombstone.

Day 4

MEDITATE, RECHARGE AND RELAX

Our lives are filled with a non-stop barrage of stimuli and stress. We must therefore take the time to stop and recharge or risk breaking down. Medical science has proven that of all spiritual practices meditation actually helps to reduce stress by allowing the brain to enter the theta state.

The real challenge isn't the meditation technique; but actually finding the time to set aside to meditate. To get any benefits from meditation one will need at least 15-20 minutes. To meditate, you may sit or lay down. Begin by relaxing all the muscles in your body. Once you are relaxed breathe in to a count of three hold for four and exhale for three. This is a simple technique that will get you relaxed in no time.

Day 5

GIVE UP TELEVISION, RADIO, & DVDS

Most people will spend at least 2-3 hours a day devoted to watching television. Now combine that with all popular broadcast media and prerecorded media; and we have a tremendous loss of time. If one does not value their time, can they appreciate the time they have in which they are not attempting to survive in this modern world?

This does not have to be a permanent change, but can be an effective one if done for but a day. If you are a regular user of television, or radio, then much can be gained in retrospection in this new found time. While giving up TV or radio, find something else to do with that time. Consider reading, going for a walk, taking a nap, drawing, writing, or cooking as an alternative to watching TV. Much more can be gained by not diverting one's conscious attention to fictitious scenarios.

The west as a culture seems to possess a certain fear of stillness or silence. Very rarely will we ever encounter someone who is just content to sit and take in their surroundings. If you do this properly you may hopefully gain a new appreciation for this once lost time.

Day 6

VISIT A CHURCH, MOSQUE OR SYNAGOGUE

Places of worship are seen as sacred to all who participate. To defile, alter or change a place of worship in any way that is not sanctioned by a holy person would be an abomination. Faith and worship of a deity are not to be taken lightly and those that are at these places should be treated with respect, even if they would disrespect you.

The request is simple, enter a church, mosque or synagogue, and admire the building for what it is. Act as if you belong; if you are at a church then sit yourself down in one of the pews, at a catholic church then light a candle.

The goal is not to vandalize the place of worship but to remember there are those who hold these places sacred. If you are Christian and go to church regularly then go to a synagogue. There are people with different opinions than our own. Acknowledge this wait admire and leave. If the building you choose is architecturally admirable then take the time to appreciate that as well. The amazing thing in these buildings isn't necessarily the faith of those that worship but the construction of the facility.

Day 7

COUNT TO 10,000

When we are children we are constantly thinking of new and inventive ways to keep entertained. Perhaps one of the greatest things we may forget in adult age is when one first learned to count. I remember for myself I found the concept of a 100 numbers to be overwhelming; but once I got the hang of it all I could do was count and count.

Counting to ten thousand is going to be one of the simpler tasks that one can do. What purpose does counting to 10,000 serve? Well, it actually serves several purposes; the first purpose in counting to 10,000 is an exercise in patience. Some of us count slower or faster than others. How long does it take exactly?

Counting to 10,000 gives one a chance to operate in the abstract and helps one to change how they think. Honestly when was the last time that you even counted to a hundred let alone 10,000. This abstraction can often be useful in helping free up writer's block or any other sort of creative wall.

Day 8

A FEW SIMPLE THINGS FOR BETTER HEALTH

There are several small things in our lives that we can do to make our bodies healthier. Most of these things are ignored though. They are ignored because we are just too busy.

- Sleep with a glass of water by your bedside. Not because you may get thirsty in the middle of the night; but to drink when you first wake up. The idea is that by drinking a glass of water first thing every morning you stimulate your lymph-nodes. Healthy lymph-nodes keep one healthier.
- Chew your food. Don't just go through the mechanical process of chewing; actually take the time to chew your food. The general rule of thumb is to chew your food 30-40 times before swallowing. By doing this one makes it easier on their digestive system and one is able to get nutrients from their food faster. You don't have to chew 30-40 times with every bite just chew your food until you can't chew it any longer.
- Floss before you go to sleep. Flossing before one goes to sleep prevents bacteria build up between your teeth over night. This in turn keeps more bacteria and germs from entering your system while you sleep. As a benefit you will have slightly better breath in the morning.

Day 9

CONVINCE SOMEONE OF SOMETHING FALSE

Sometimes fiction is more interesting than non-fiction. To convince someone of something you know to be false, is both a challenge and a reward when you succeed. It shows you your ability to interact and control others.

The more subtle the better. Use your talents to your advantage. I knew a graphic designer that made fake coupons to distribute at a major coffee chain. He placed these professional quality coupons in the chain coffee shop. Once he distributed them he waited sipping on his latte watching people redeem the coupons. The company was forced to validate the coupons out of fear of the customer's reaction.

You need not do something so elaborate or devious; but please do try to convince someone that you lost your talking dog. You may even try to convince someone that you can't read an analog clock. The choice is up to you, so start small and end big.

Day 10

SACRIFICE SOMETHING YOU VALUE

Part of life is separation. As time passes we may forget about the mortality and temperance of everything. We leave this world with what we brought in to it. Find something that you hold important to you. A trinket, ring, decoration, something you couldn't imagine living without. Take it and throw it out, or give it away.

You don't need it anymore now let go. Many of us accumulate so much stuff in our lives that much of it we just don't need. In fact most of it is just a comforting distraction. By throwing out something dear to you may realize for a moment the pain in life and the temporary nature of all things. How else shall we ascend if we cling so desperately to that which holds us here?

Buy the Book

GO TO EXCOMMUNICATE.NET/CHANGE

