

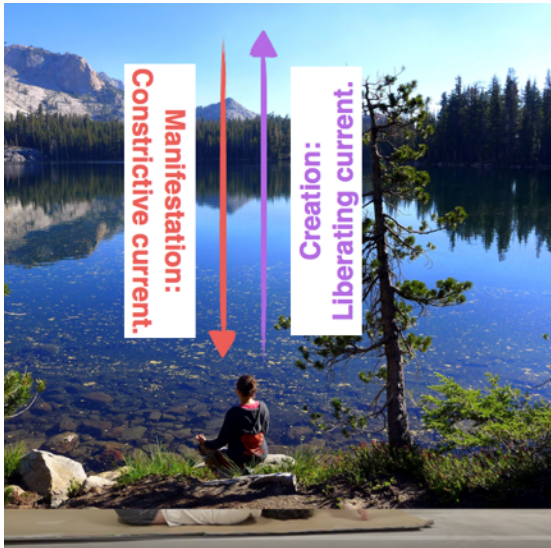
On the practice

The practice is about creating and receiving the support of a community. It is both a means and an end. And here “end” is used very loosely: There is no end, I have never met someone who told me: “I’ve stop practicing because it is perfect now.” It is a quest of the absurd: You are not getting famous or rich by quitting your nine-to-five job to base your friends on a piece of cardboard in a basement.

Some people can, but they are also marketing, website designing, taking pictures, recording videos, developing passive income, teaching, posting, tagging, networking, making flyers... The practice in its purest form is not about that. It is about manifestation and creation.



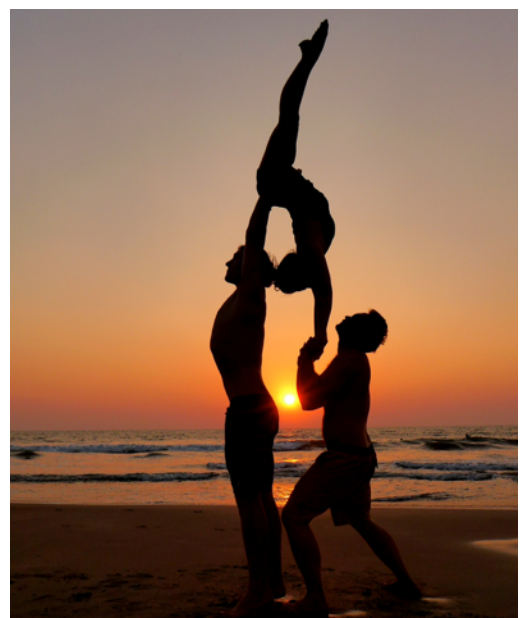
So how does it work? It’s simple: you are going to choose a pattern -a pattern can be a pose that you find beautiful, a flow, a way to stag a leg, an attitude... and you are going to manifest it in your practice. Many people think of manifesting as the following: a big arrow coming from the sky down to your body.



Concretely, there are two main ways to manifest: you are going to see someone doing something and repeat it, make it yours; or you are going to come up with it on your own. The most important thing to understand is the lack of inherent existence of the manifested pattern (nobody owns side star).

When you practice, you are also creating (big arrow going up to the sky). Creating means that you are sending information to an absolute field -some people might see part of this information with their eyes (as light) and think it is beautiful and choose to repeat it. The separation (or ratio) between manifestation / creation is similar to the one between moving / being moved in the sense that it has no existence (by inclusion).

So practically, what do we do? Well we go upside down, head six feet above the ground, looking and smiling at one another while opening our hands. And you know without any doubt, that the other person is going to smile back at you and take your hands.



You know that this person is going to be there for you, to support and uplift you in any possible way. The trick itself has no importance (remember? it has no inherent existence), what matters is the way we are doing it. By manifesting and creating these patterns we build and benefit from a community. We send and receive information between a *non*-manifested field and a spacetime continuum. We connect, become better practitioners and hopefully, better beings.

Are you ready for the good news now? Starting your practice is the easiest thing. We broke all-of-this down to small steps everyone can take. You just need some curiosity and excitement; a breathing body and conscious mind.