

# Living in quadrality.

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## **Tidy up.**

Put away piles of things and move anything which has been standing the same for some time. Get the energy flowing again.

## **Remove.**

All dust. Mend, recycle or renew anything broken or throw it out.

## **Clean thoroughly.**

Your living space. Get into every corner and make your imprint there. Know its spaces, characteristics and physical boundaries.

## **Send.**

All old, unused and superfluous personal possessions, including sentimental objects and clothes to a charity shop or sell them if you have the time to arrange this. Only give them to other people if you genuinely feel they would benefit as the object can burden them. The point is to be entirely embodied in the present.

## **Burn.**

Superfluous old pictures, just keeping a few very important ones. In quadrality, your link with people is through your immediate body feeling and heart connection.

**Switch off.**

All digital devices at night and place them far away from you preferably in a Faraday cage. When not in use place all laptops and phones in a blocker pouch.

**Never.**

Wear a phone on your body or have private conversations around a digital device. Cover the camera when not in use.

**Delete / shred.**

All old, outdated, non-useful files, physical and digital. Say goodbye to all backdated paperwork, computer files and hard drives which are no longer necessary.

**Close.**

All old online user, email, and bank accounts.

**Check.**

You have all passwords, bank card & account details in a secure password manager. Check all usernames are current and working. Make sure that you have them safely encrypted with a backup.

**Organise.**

All digital files you need to keep in a secure area. Make an offline hard drive backup.

**Minimise.**

The use of, and dependency on, digital devices as far as possible. Always ensure the digital obeys you rather than controls and entrains you.

**Start.**

On the garden next or your outside area.

**Call.**

A dowser to check your property. Put your house or office into the Reboot group.