

Guidelines for Participating in Earthly Drama

1. The curtains rise. Wake up early (watch sunrise whenever possible).
2. You are cast into a role in a robot costume / animal suit of human kind.
3. Watch your breath & realize you are being breathed.
4. Remember it's a production and the curtains will close. When the lights are up give your best performance.
5. Appreciate the cast and crew.
6. Joyfully Laugh out loud to every irony, joke and slip-up. Let your laughter roar at every cosmic joke to rumble through time.
7. Sing, Sniff, Taste, Touch, Move. Take every temptation in stride of kindness and love.