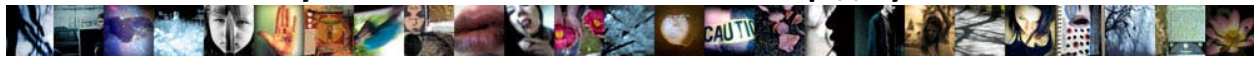
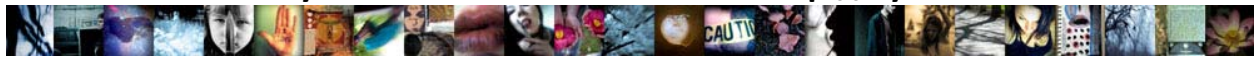


91 ways for you to open to ecstasy. The last 9 are for you to figure out. Gotta leave room for possibility!

1. Stomp in mud puddles. Get really wet! Ideally, have someone join you.	2. Hug yourself and linger there.	3. Open yourself to LOVE. What does that feel like?	4. Breathe into any part of your body that you've forgotten about. Close your eyes and let yourself feel it.	5. Read anything by Hafiz, Rumi or Walt Whitman and let it all just sink in.
6. Spin around until you're dizzy and watch the world dissolve.	7. Look into the eyes of another until you see your own reflection. Allow yourself to feel union.	8. Go outside with bare feet on grass or dirt. Breathe in the fecundity of the Earth and FEEL your connection to this planet. Let the energy fill you.	9. Throw your arms open wide and imagine all the sweet honey of the Universe dripping all over you. Bask in the love.	10. Eat some good, dark chocolate (or whatever else you love) and just sink into it. Explore it with all your senses and let the sensation fill you
11. Play with yourself. Use your imagination.	12. Go outside on a rainy day without a hood or umbrella and let the rain caress your face	13. Find an animal to love and play with. Watch it just lay there and RECEIVE and take your cue from that. Let it love you back.	14. Tell a story to a child and feel the wonder. Ask someone to tell you a story and go to that same place.	15. Peer into the face of a flower until you find it peering back.
16. Listen to the song of the birds in the morning. Listen at night too. They are different and both have something different to tell you.	17. Smile and become aware of the muscles in your face and how you feel.	18. Hug someone and let them hug you back. Stay there a little while	19. Tune into your body and ask where it needs some attention. Touch that place and feel it come alive.	20. Squish your toes in the mud.
21. Tickle the leaves or blossoms of a tree with your nose especially after the rain. They will tickle you back.	22. Take a bath and luxuriate in the womb-like feeling of being immersed in water. Put your ears under the water and listen.	23. Walk barefoot in grass covered with morning dew.	24. Strike up a conversation with a new person and let yourself be immersed in curiosity.	25. Find some sand to play with. Now play with it. For a long time
26. Make some bread and knead love into it. Consider how many entities have contributed to the bread. Thank them.	27. Talk to the plants around you then listen for their response.	28. Sit down and watch a snail cross a path	29. Find a pile of leaves. Jump in!	30. Watch the branches dance in the wind. For a long time.



31. Go to the local dollar store with 5 bucks and let your inner child play. Now go home and play with what you bought!	32. Wiggle. A lot. For a long time.	33. Write all your worries on slips of paper. Tear them up. Blend them & mix with a batch of Jell-O. Put it in a tub & squish it beneath your toes.	34. Watch the sunlight and shadows dance on the floor or wall. Do this until you forget about the time (it won't take long).	35. Light some candles or a fire and dance with your shadow which will be beautifully illuminated on the ceiling. Merge with your shadow.
36. Eat a ripe mango or peach (slowly) and let the juice drip all over you.	37. Go to the beach, find a large stick and write I LOVE MYSELF in the sand as big as you can. Read it. Feel it.	38. Buy a red helium balloon and fill it with your energy and intentions. Release it! Keep watching it until you can't see it anymore.	39. Go outside and kiss the Earth. Let yourself be filled with gratitude for all that you have received from Her.	40. Go outside and just watch the sunrise. Watch the clouds or sky changing colors and feel the wonder of it all.
41. Go the nearest park and go on a swing. Just trust me on this.	42. Take a bottle of bubbles with you in the car and blow them out the window the next time you're stuck in traffic.	43. Caress every inch of your naked body with one long-stemmed red rose. Bless your body with each whispery stroke.	44. Wander. Wander some more. Now more.	45. Ask for help with something that is hard. Allow. Feel.
46. Breathe. I mean really, mindfully, BREATHE. Do this for ten minutes (at least).	47. Ask someone to read to you. Maybe a favorite childhood book or a poem you love. Let them. Allow.	48. Forgive yourself for wherever you have transgressed. Cry it out. FEEL. Breathe.	49. Go to the beach or a park with sand. Get sticks and rocks. Make an ephemeral art structure. Get lost in it.	50. Get some clay at a local art store. Play with it. Get messy. Knead it. Put water on it. Pound it. Be primal. Have fun.
51. Step away from your cell phone, PDA, computer or other electronic device for a day. Be in your body. Enjoy yourself.	52. Roll down a grassy hill. Do it again.	53. Find something that completely cracks you up. Laugh. Laugh some more.	54. Do absolutely nothing for one hour. Notice what happens. Can you do it guilt-free? If not, try again until you can.	55. Find a buddy to play with. Go have play dates. Explore your world with your special friend. Have fun.
56. Go to a museum, find painting you love and look at it for a long time. Look for your story in it. Notice how you feel.	57. Shut off your tv. (simple but effective way to find more ecstasy)	58. Give a massage. Trade. ☺	59. Let someone (especially a child) brush your hair. If you don't have hair, let them massage your head.	60. Take a walk or a bus ride with no destination in mind. Take a notepad and pencil. Record interesting things you see.



<p>61. Practice being kind to yourself every, single day.</p> <p>What does that look like? Notice.</p>	<p>62. Listen to anything by Mozart or another classical composer that you love with your eyes closed. Really let the music inside you.</p>	<p>63. Allow a day (or an hour if that's all you can manage) of SILENCE. Don't talk. Just listen.</p>	<p>64. Dance.</p> <p>Dance some more.</p> <p>And again.</p> <p>A bit longer.</p>	<p>65. Find someone fun and have a pillow fight.</p> <p>Yell "PILLOW FIGHT!"</p>
<p>66. Go to the beach.</p> <p>Close your eyes.</p> <p>Listen. Just be.</p>	<p>67. Say YES to everything that feels good for a day. Have a YES day at least once a month. Schedule it.</p>	<p>68. Say NO to things that hurt you and replace them with YES to the things that feel good. NOTICE what feels good.</p>	<p>69. Let yourself feel sorrow if you need to. Don't push it away. Cry it out until it's gone. Feel the peace that lingers there.</p>	<p>70. Support your friends. Let them support you.</p>
<p>71. Allow yourself to experience what CARE feels like—both giving and receiving.</p>	<p>72. Serve.</p>	<p>73. Watch birds.</p>	<p>74. Allow some chaos in your life. Notice what that feels like.</p>	<p>75. Relax.</p>
<p>76. Stretch.</p> <p>Breathe.</p> <p>Repeat.</p>	<p>77. Embrace mystery. Surrender. Imagine you have no control. What does THAT look like?</p>	<p>78. Get some paper and crayons. Go outside and do rubbings of as many textures as you can find.</p>	<p>79. Take a break from worry and daydream instead.</p>	<p>80. Make your favorite childhood comfort food and share it with your kids or a friend.</p>
<p>81. Enjoy being alone. If you don't, try one of the other 99 things listed here while you're alone and see what happens.</p>	<p>82. Get a piece of a paper. Write "Sometimes..." and keep going until you run out of things.</p>	<p>83. Be your own superhero. Give yourself a superhero name. List your powers. Own them. Live them.</p>	<p>84. Dream.</p> <p>Dream.</p> <p>Dream.</p> <p>Never stop.</p>	<p>85. Make a pillow fort. Bring a flashlight, some poetry and your favorite beverage. Invite a friend to join you. Enjoy.</p>
<p>86. Notice how exquisitely beautiful the world is. Really let yourself SEE. Record the beauty in a journal.</p>	<p>87. Look into the center of a raindrop resting in a leaf. What do you see?</p>	<p>88. Put your hand on your heart. Say if I wasn't so afraid, I would... (Keep going.) Do one of those things.</p> <p>Then another.</p>	<p>89. Look at yourself in the mirror. Look deeply into your own eyes. Say I love you. Mean it.</p>	<p>90. Make a list of 10 things you love about yourself.</p> <p>Now 10 about life.</p> <p>Now 10 about the world.</p>



91. Live for the moment. It's the only one you have. Enjoy it. Savor it.	92.	93.	94.	95.
96.	97.	98.	99.	100.