



Alice The Elephant's TIPS

for those

BORN TO FREAK*

*Creatives, Highly Sensitive Peoples with Crusty Exteriors, Change Agents, Mavericks, Bad Asses, Life Pirates, Adrenaline junkies, ADDers, Artists, Actors, IRREPRESSIBLES, Addicts, Rebels, Bohemians, Black Sheep... and good Gawwd who ever else you can think of.

~ Alice, Elephant and Life Obstacle Assassin

First of all **BIG ELEPHANTINE hugs** to you! It's not easy to FREAK (at first)...but it's what you were put here to do....so let's get down to beeswax.

A. Realize not everybody can handle your awesomeness:). It's ok. Toss them **a loving Namaste** and move on (in peace, love and joy of course. Take your effervescence elsewhere.

B. **Walk it off** outside of your fences at least once daily- try parkour, do gymnastics, run hard, walk fast - without rules. You have a lot more energy flowing than the average bear.....and it must be allowed to flow out lest it come out in extremely awkward ways with (at times) untoward effects. You know what I am talking about Willis.



C. When in a really bad spot...find a way to "go to ground"... Sleep is fastest way back to a **better brain place**. Get though whatever you must and then get thy carcass to bed early. Get stoked cause when you wake up... life is going to rock a titch harder. When you kick it as hard as you do - you need DEEP RESTORATIVE SLEEP. Turn off the stimulation...sniff lavender oil. Drop into the chill zone.

D. Be **positively addicted** to new spiritual ideas, discovering new ways to be healthy, new ways to play. Reinvent, upgrade and expand daily. Mainline music, dance, nature and community. Don't dabble in dangerous addictions or for gawwd's sake get thee to an AA meeting or similar. Help is out there dear humans.

E. Do stuff that challenges you to **keep your ego in check**....humility must be fostered. Even elephants - as sick and amazing as we are have to remember that we are part of a larger herd. Groundedness is next to godliness. Surfing, yoga, any new thing that engages your mind and TRULY challenges your body is ideal. Surfing of Cayucos, California is truly ideal. Also I am partial to Hanalei Bay.



F. Always remember that you do the work...the actual results are out of our trunks. **Do your best work**. Know why you love it. Work you love. Stop caring who's noticing, listening or watching. Do it for you. **Be a damn FOOL**.

G. **Party harder**...by that I mean- make dates for coffee, salsa dancing, tandoori takeout, movies....do it spontaneously and plan too. **Connection with like minded humans** does a Freak good. Very good.

H. **Shut the front door** - try not to speak, take big action or decisions when you are feeling low. It will prevent many problems. Go to ground and recharge in the base station.

I. **Screw mastery**- get out there and **give it a go**- it's how you learn. Leave other poor sods in the dust who are waiting to do it perfectly- you just did it....Elephants and freaks are just like that.

K. **Go for BROKE**. **magic is. Then take MAGIC.**



L. Own your point of view, if you are not offending someone- you may knot be stating it strongly enough, You were **born to ruffle feathers**. Ask if the ruffling is for the greater good and it important in the BIG Scheme of your life- to sing your song.

- M. **SING LOUD** when singing is not necessarily what the situation calls for. Do similar with dancing, snorting, laughing and hugging.
- N. Embrace the magic. Of not knowing HOW it's all going to turn out- **get really loose with it**. The loosier and goosier the better.
- O. When you cannot explain something AMAZING you are experiencingknow you are experiencing something **ineffable and ecstatic**- and be grateful for it! How lucky are you to **be this freaky**? Not everybody gets to do this- mostly FREAKS and , natch, Elephants.
- P. Commit to believing that you deserve to experience all the love, connection, experiences, your heart desires.....**you don't not have to earn it or repent or serve time to get it**, it's right here for the taking. In this moment. Elephants never forget this.
- Q. **MAXIMIZE** the time you spend with humans and Beasties who "get" you and LOVE you. **MINIMIZE** contact those who don't.
- R. Boredom is not an option. Finishing projects can seem like a real fucking downer...to **get through the gauntlet**...try to remember (even if only for a second) why you loved this whole thing in the first place and try to remember the girls and boys on the other side of the mountain when the little blue engine arrives....get your tuckus off ye old sectional and goad yourself into action. Step into your elephant power. This kind of power must be taken not granted. Seize it.



S.Celebrate the fact that your MUCHNESS is what makes you irresistible. It's what helps you connect so powerfully to other humans. **Never apologize** for your freakiness- its a gift to be nurtured-not a defect to be surgically excised. Good Gawwd.

- T. Be aware that your ability to **focus intently** on something or someone is POWERFUL.....use it coupled with intent to BE the change you want to see in the planet. Use your freaky superpowers for good.
- U. EMBRACE the fact that you gravitate towards **high stimulus ACTIVITY**.....it's entirely kick-ass... simply seek out activities that bring an inner smile (without the emotional hangover).
- V. NEVER, NEVER give up hope. Reach **FREAK** to lift you up as you have out for a hand up. **Find another fellow** lifted so many others.
- W. Stop giving a **rat's patootie** if others understand, accept or celebrate your creative endeavors. Create daily in your favorite mediums.
- W. Terminate the downward emotional spiral rapidly. **DISENGAGE**. Grab a fire extinguisher. Watch a cute pug video in YouTube- quick! Remember your FEEL GOOD dammit - get back to it.
- X. Connect with other **wacky kooks** and FREAKS who can goad you into more goodness. Watch them SHINE and glow along.
- Y. Do what you are **fucking amazing** at. Don't know what that is? Try Strengthfinder 2.0, Myers Briggs or Kohlbe testing to get some hard data. Even elephants take standardized tests occasionally. Outsource, shed, or quit the rest. This may take time. You will need help. Everybody needs help. Even Elephants. Especially elephants.
- Z. **Creative energy = sexual energy = energy**. Do not, under any circumstances, do the math. You have a lot of energy coursing through your body- so CREATE, fornicate with people you love and who love you back (safety first!)... and move your carcass. If you are feeling imbalanced- remember to let off some steam! Discharge it. Good gawwwd.
- AA.Laugh about the fact that you **lunge awkwardly**....sexually and otherwise... into conversations, ideas, situations.....it's part of the beauty of you but explaining your proneness to being abrupt (transitions may not be your forte) might smooth a few things over with non-freaks.
- BB.Protect your ability to dream and dream BIG- it may be off putting or intimidating / scary or seem otherwise **natty cakes** to others.... it's a MAD SKILL you have. Share it with visionary people (other freaks like you) who can encourage you and goad you into action.



CC. Commit to very little. Drill down to 3 projects, subjects, ideas- post it prominently....surrender to the fact that you WILL deviate from this but the more sharply your point the laser **the bigger the BOOM**. BOOM is v. good.

DD. Labels like "too sensitive", "too intense", "too MUCH" "too loud" hurt. Find new ones- like Ah-mazing, Fantastic, BIG LIFE LOVER.....**re label yourself** and incinerate the old. Get out the Brother Label-Maker 2000 if you must.

EE. Get a daily dose of PHYSICAL PLEASURE- **laughter-hugs-great sex-massage-kisses-tickles-soft sweaters**.... Discover what feels GOOD and prioritize it!

FF. Goad yourself into taking action on those PROJECT, CREATIONS and adventures that matter most. Do it. **Book the tickets**. Commit....when it feels great in the RED HOT MOMENT.

GG. Remember that **you truly cannot make a wrong turn**. So keep REACHING, DREAMING and acting on those magical impulses.

HH. Revel in DELICIOUS delights that you stumble into daily, an incredible person, a kickass song, riveting book, a sublime performance of a bird song, a crazy beautiful vista, dog on a leash....your ability to **connect with the ineffable** is SICK. Most people are just having an ordinary day. Dig on what is extraordinary:)



II. Do work that allows you to **constantly innovate** and try new ideas. Be sure you have team members that can follow through on the deets.

JJ. Find **brain offload tools** you like: voice recorders, apps, list making, color coded file folders on your desktop, post it notes. Good gawwd - it sounds boring- surfing is more fun but this helps. Really.

KK. Perform a clean sweep of your work space when you cannot see the forest for the trees. Dump. **Delete and clear the deck** except current and active ideas/projects.

LL. Your **process can be messy**- but let yourself work in a way that works for you. Get help polishing big important projects....so that your idea gets seen in the best light.



MM. Let 92% of your ideas drift off like dandelion seeds to the wind. Hang onto a nurture the ones that excite you the most. These 8 percent may **seem ridiculous and illogical** but always feel like LOVE! They are so exciting that you cannot wait to get started.

NN. You have a love for the R U S H- just don't let that chaos craving part of you (the one who feels most at peace in the eye of the tempest) hurt a relationship, destroy a beautiful equilibrium that exists. **Find ways to feel wild & ALIVE** that are not destructive to body, mind, pocketbook or persons. Ideas: nature, listening to music, exercise like yoga, hiking, petting a dog, seeing a film, reading an amazing book, seeing art, hosting a party, dancing, singing, telling stories with friends.

OO. Be cool with your own BEST WORKING conditions- mine, as an Elephant, are wearing noise canceling headphones (as in appropriate for a rifle range), sitting in coach on an airplane listening to music in a buzzing coffee house. **OWN how you roll best** and honor it daily.

PP. Perfectionism comes with the territory. When you know what that certain j'ne se qua an be mighty frustrating when. It seems to fall slightly short of the mark. Find the place where you are **deeply satisfied, not compromising**....yet more tiny things could be tweaked and move the hell on..let somebody else do the fussing or and get back to creating something new

Echale ganas.

Have the courage to do your thang!

(rough Pachydermal translation.)



~ Alice