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April 3, 2014

Friends,

I am sharing this book freely now because I have a strong sense that quite soon a lot will be hitting the fan for a lot of people. Anyone half-awake can see and sense the ominous, or that we are headed for a big storm before the Calm. It may happen very soon or take more time to express in our reality.

This book is designed to be a survive/thrive guide for times when it is hitting the fan. It is loaded with good and some little-known ideas you can use to be calm and grounded at any time. Consider playing with them now. Get to know them and use the ideas and exercises that work best for you...maybe before it hits the fan.

At this crucial moment in our collective evolution, it is most important for us to understand basically what is happening, why it is happening, and then to trust our power to move through it with grace and power.

Claiming Your Power

Please consider that you have powers far greater than you have been brainwashed to believe. You cannot make full use of these powers until you trust them.

Fast approaching is a time when most of us will have to make a calmly firm, very clear choice, a choice the Universe (or God, or Allah or whatever you perceive it) has been pushing harder and harder for us to make.

The choice is between love and trust or fear and doubt.

Our lack of consciousness, and the forgetting of our true loving humanity, trust and calm has propelled us into the mess that we are in.

The Universe is pushing us to get fed up.

Fed up with New Age energy-sucking "solutions," with our corrupt institutions, and, most importantly, with the imaginary, heart-suffocating ego that only seems to exist as we feed it with stupid thoughts and actions.

Consider the possibility that the "bad guys" who have been bleeding us are fulfilling a very important role in our collective evolution: provoking us to get fed up. This is when true change happens, when we become open to new options, open to accepting our deep power.

Tools to help you in doing that, many available for free, may be found at the [Simple Awakening Tools website](#). Check out the home page pause sessions, and see the video and the article blogs---menu at top of every page.

Note: What you will find on the last page of this eBook is a synthesis of what I see as the collective challenge during these changing times. Whether you agree with this or not, consider making use of the tools you will find in this eBook to help you experience what is going on with more calm, grounded power. Our destiny is loving, trusting Power. You get to realize this for yourself, in your own way.

All Love,

Carlo

PS. There may be some things presented here that just do not fit for you. Please don't "throw out the baby with the bath water." Use what you can use and throw the rest away. If you choose to spend some time with this book, rather than speed-reading through it, you may find extreme value in it.

**When It Hits the Fan
Don't Hit The Panic Button...
Click On
Your
Pause
Button**



Your Pause Button: the inner mechanism that you can call upon at any time to go into the silence and be with whatever is. Remembering to use it is an empowering way to tune into your own capacities for calm, trust, happiness and wisdom.

The egoic mind will chatter at you and feed you with dirt to the extent that you pay attention to it. Consider the possibility that removing our attention and support from ego--our identification with it---is basically what we all came into form to do in one lifetime or another.

The mess that is going on "out there" is simply a reflection of the inner battle that we allow ego to wage upon the heart.

One powerful technique for hushing up the ego is simple silence. When you read something here that is inspirational or confusing or new, read the sentence again and then pause and close your eyes, breathe deeply, hush up your mind and

notice how you feel for a minute or so. In practicing this, you are creating a power path map to discovering your truth and true loving power.

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Note:

Many of the ideas in this book may run counter to what you have been led to believe about life and how it works. In these times of great change, we are being asked to shift how we look at ourselves and our world. If we keep on dealing with life as we always have, we will tend to experience the same kinds of challenges until we address them in a different way. My challenge to you, dear reader, is to open your mind, open it to being guided not by my words but by the intent and wisdom of your heart. --- Carlo

Without deviation, progress is not possible.
--Frank Zappa

Introduction

For some, “it” seems to hit the fan frequently already. Many have days in which it seems to be a struggle because so much has already hit the fan, and for many it seems to continue to do so. As the world seems to be careening into more and more chaos, we are experiencing a variety of “wake up” events. These range from oil spills to volcanic eruptions to floods, war and economic distress.

This book is a quick resource for powerful ways to cope with times when it all seems to be hitting the fan. It offers potent stress management techniques, natural mood enhancement tools and limited starting point connections to resources for survival, sustainability and community building. Please experiment with the suggestions, use the ones you like and do some further research as time allows. While some of the stress management practices are explained completely, this is a starter guide, and is not intended to give you all the information, but rather give you the basics of an idea as an inspiration to learn more. That said, you will find that many of the ideas and practices here are very powerful when applied just as stated, without any need for additional resources in order for you to experience great benefit.

Included here are links and search term suggestions for finding further information.

Please consider printing a copy of this for yourself. This insures your access to the information in case of internet access interruptions. And, unlike burying it in your computer, having a hard copy out where you can see it is a reminder to use it. I love saving trees as much as anybody. And there is a time for wise, practical use of non-electronic data.

The challenges of living are amping up now as I write this in the early April, 2014. What is important to know and to trust is that, communally, we will come out of these challenges into a world of much greater harmony.

So the first thing to remember when it all seems to hit the fan for you is to trust...yourself and your path. Without trust, chaos seems to expand, fear seems to expand. With trust, calm is possible. Clear-headedness is possible.

As in “The Wake Up Book,” I have included small heart pause icons  here to suggest points where you might pause and reflect upon the thought just presented. (Included here are eleven of the more fitting Pause Sessions from that book.)

You are being asked here to do something that may, at first, seem a bit radical to you: **rather than thinking with your head about what has just been expressed, you are being asked to consult your heart.** As you get more and more used to communicating with your heart---filtering new ideas through it and listening to it as it expresses its intent or response via feelings---you will learn to trust that it has wisdom. In fact, it has much more wisdom about what matters than the other part of you that you may have *thought* was you: like your mind.

The pause session ideas may feel quite foreign to your mind. You may not yet be used to “thinking from the heart” or trusting your intuitive sense. This is because society, family and friends have

provided input that, to put it gently, can tend to have rather unproductive results when viewed as truth. As we hear and see certain ideas get repeated over and over again, we may simply accept them as truth. We have learned as truth many things that are lies.

This eBook is about reconditioning yourself. And it can show results a lot quicker than most people think.

Our governments, all of our big religions (Buddhism is not seen here as a religion), and the mass media have conditioned us to feel weak, ineffectual, confused, divided and unworthy. Collectively, we are now being called upon to recondition ourselves: to feed ourselves more loving thoughts, to practice compassion, to prioritize giving rather than taking, to affirm our deeply unified and loving nature.

Fighting ourselves and each other has not worked! We are challenged to more and more tap the vast wellspring of love, happiness, calm and wisdom that is to be found within each of us.

As used in this book, many of the brief thoughts that are followed with the  icon are stated in the first person. Try these on for how they feel to you. **If they do not express a truth for you or something you intend to integrate as a knowing, edit them until they feel right, remembering to focus on your heart and to get a sense as to the feeling and intent of your heart.**

I have found it helpful to identify myself **as** my heart and soul. I cannot be my body, which, when I see its behavior and responses, I realize cannot be who I am. It is just my vehicle. It gets me around to experience life and its lessons. The body and mind, I realize, have way too many strange, useless or counter-productive cravings and responses to be defined as who I am. As we move closer and closer to collective awakening, more and more people are realizing this.

While life is loaded with many mysteries that we may never be able to explain, my sense is that it serves us to identify ourselves from the spiritual perspective, and the conceptualization of Self as some combination of heart and soul is a useful conceptualization when a pat answer for the question, "Who am I?" is simply not available.

My intent in these writings and the videos I have created over the last 15 years has been to fully awaken myself in this lifetime and to assist others via what I feel guided to share.

On the following page is a comprehensive list of ideas that are keys to help you lovingly cope with matters when it all seems to be hitting the fan. If you print out no other page in this book, I suggest that you do print that one, and refer to it frequently. **For expanded benefit, consider the way in which the words are expressed. If any of it doesn't fit for you, or if there is a way for you to express it more powerfully for yourself, then just print it out after editing it.** This is another way of clarifying your truth.

Suggested keywords for these shifting times: be, love, trust, calm. **What are your keywords?**

With Love,

Carlo

When it hits the fan, here is what's important to do:

1. Be responsible. Assume that anything that is happening to you is an opportunity for you to practice Love. Blaming others serves no useful purpose.
2. Lead when it feels right to do so, but let go of the control part. Building cooperation through listening to others and responding with love is a big part of what the Shift into Love is all about.
3. Remember to trust. Trusting others effectively begins with trusting yourself. Be aware of people with whom you can build relationships of trust. Also be aware of those people with whom building trust is more difficult. Trust your heart to guide you in your dealings with them. Sometimes their lesson for you is to disengage from them. It can be the most loving possible response at times.
4. Remove your attention from fear and worry when the mind starts spewing panic ideas. Do not feed the fear with your thoughts. Worrying about what's coming saps one's energy from dealing with now. The destructive mind plans and plans ...and postpones taking action. Planning is fine, but balance it with facing the current situation as it is, and responding proactively.
5. Practice calm. It's contagious. Be an example of it.
6. Respond with humility and loving power to the challenges in front of you. Your giving of your emotional and informational talents may be of great use to others, yet it will not serve you to project yourself as any better or worse than anyone else. Practice humble power, loving power, present power.
7. Be aware of opportunities to remember and express humor. Whether you are alone or with others, humor helps melt anxiety. Use it often. Also remember that sarcasm is an unproductive manipulation that is low-consciousness. True humor is never also attack. Wearing the smart-ass mask in times of crisis is simply not cool.
8. Act and think with compassion. Compassion applies to not only others, but to yourself. We are now getting more and more opportunities to practice the full opening of our loving nature. Share. There is no them. It's all Us.
9. Staying present is the most powerful way of being when it hits the fan. Consider making this a mantra, something you think often when challenged: "I am with this." Remembering this builds your ability to express your immense power, the power based in love.

Some of the ideas expressed so far may feel awkward. The Pause Sessions on the following pages are designed to help you create more clarity for yourself about what is now happening in your life, why it is happening, and how you can be more at peace with it all.

When It Hits the Fan Pause Sessions from “The Wake Up Book”

Important: When you see the heart icon, pause and connect with your heart. Close your eyes and notice how you feel as you move into the silence. It is best to do this in a quiet place if you can. It can also be effective to use in a group, especially during times when there are perceived dangers or there is fear appearing in the group. The Pause Session then also becomes a prayer, one with added power because it is being expressed together *even if the expression is silent.*

Please pause when you see the heart icon and focus on your heart. With practice and patience, you will discover that your heart has a language. While it may speak to you in words, its basic language is feelings. If you feel an elevated mood, a sense of more joy or lightness, then the words in the pause session are something that you resonate with: the heart is telling you that you are stating a belief or truth that it likes! You might choose to play a bit with that idea and see if you can make it even more powerful by changing a few words to make it more inspirational for you, more a statement that reflects who *you* are. Some of the ideas you may decide to leave as is; others you may decide to change substantially *to reflect the truth of your heart as you perceive it.*

The extent to which you trust ego to guide you is the extent to which you are stuck. Let your heart guide you. It will do that well if you trust it.

It is suggested that you generally work with just one pause session per day. During times of high stress, you may productively choose to do more.

As you find clarity, notice how the Universe will provide feedback in the form of experience: either a simple confirmation or an opportunity to put what you are learning about yourself into practice.

For clarity as we get ready:

If you'd like to play with an idea, do so before going into the silence. Let yourself be comfortable with your own truth, stated in your own way. For some, writing down any revised truth might be worth your time. Choose a course of action and then remove your attention and support from any ego-based second guessing of yourself.

Once you go into the silence, let it be silent. As mind chatter may happen, choose to go back into the silence and be aware of your feelings. You can choose to flow and expand with an “ah ha” idea, to let it come and fully express. And you can choose to hush up the chatter box mind. *You do know the difference.*

Let's get started with the first Pause Session on the next page.

(1) Hope or Trust?

“I hope...” It’s a statement that keeps the speaker of it stuck. Hope is empty of what matters. No matter how the dictionary defines it, implicit in the concept of hope is that something outside of oneself is going to make their life more OK, and that somebody or something is going to fix them or make their life better. No god or aliens will descend from the clouds to fix us. We get to awaken ourselves. Trust in our deep nature, our deep power is essential for awakening.

Nothing outside of myself ever fixes me or validates me. Fixes and self-acceptance are always engineered by me, connected with the grace of God.



Rather than hope for what I intend, I am charged by my Spirit to trust that all that occurs is in perfection now, and that what unfolds is for the highest good of all. At times, when viewed from the perspective of the mind, it may seem that I have no reason to hope or trust, that the world is going to hell in a hand basket. At times such as these, I recognize how important it is to trust the wisdom of the heart and to accept what is going on in front of me.



I am accepting of the present and trusting that the future will unfold in perfection.



I integrate and live this trust. 

I am this trust. 

Repeat that last line at least a few times out loud. Then close your eyes, hush up your head and notice how you feel for about a minute.

(2) Acceptance

Please do this and the next one, Acceptance and Happiness, at the same sitting.

Everything you perceive, and everyone with whom you interact is best perceived as your teacher. The basic lesson, either gently or harshly, tends to be that it is wise to prioritize the unfolding of your calm, humble, loving trusting power. If you were to twist this into the idea that there is something that must be resisted, rejected or scorned, then you would miss the truest path. It is simply about the acceptance of a way of being: loving everything and everyone, just as we are.

Acceptance is not about feeling stuck with anything. It is the choosing to be with what is. It is the choosing to be with a loved one who is experiencing difficulty, to be with them just as they are.

It is also about letting it be all right to experience outright beauty, pleasure, contentment and recognition without feeling superior and without demanding more of it.

Practicing acceptance is one of the kindest things I can do for my Self. 

I accept what is right now. 

(3) Acceptance and Happiness

To begin at the ending: If, indeed, I am not my body or mind, but my infinite soul, then it follows that there is no need to fear the demise of the body.

As the gift that it is, we have the duty to care for the body while we have it, so prudence is important. Do not mistake it for fear. As soon as you are clear that the death of the body--something that will occur when the time is absolutely right-- is not **your** death, then any justification for fear evaporates. You can let it evaporate. No worries if you do not get this one right away. Play with it.

I can choose to be happy. 
In a given moment that challenges me.
I can choose to rise to the challenge a lot
Or rise to it a little.



I can choose to face the challenge.
I can choose to accept what is. 

Happiness is a form of acceptance
As acceptance is a precursor of happiness. 

If these choices seem elusive at any given moment,
I can arrive back at least one of them
By choosing to release fear.



I release fear right now. 

I fully embrace my loving, connected, giving nature. 

Now loop through this at a second time, stopping when you feel fully present to the line you are on. Please don't get carried away with this by looping more than a few times! Come back to this frequently and be aware of how you feel through the length of it.

(4) Empowerment

Empowerment of the ego is not true empowerment. Ego feeding is apparently created by anger, upset, fear, remorse, self-judgment, hopelessness.....

The only true empowerment is spiritual empowerment, the recognition and feeding of my soul and my heart.



Spiritual empowerment is the feeding of my soul and heart via loving awareness. It is accelerated by more often choosing to focus on what is in front of me to do and to be.



I am also empowered spiritually by my choice to trust myself as I am and to trust the lessons that the world gives me.



The basic lesson in every experience is to respond to it with love.

Nobody and nothing outside of me can empower me spiritually. I am empowered by my increasingly consistent choices to Love, to Trust, and to Be Aware.



I now feel my true Power growing as I more and more consistently choose to be Aware, to Love and to Trust.



(5) Forgiveness

Forgiveness is a powerful choice for the awakening one.

*The truest beneficiary of forgiveness is the **one who is** forgiving.*

I unconditionally forgive and bless any aggressor, perceived oppressor, or “difficult person”.



I see every person who challenges me as my teacher. One of the most important things they teach me is the great power of forgiveness.



I feel light and powerful when I forgive.



I am often aware of opportunities to forgive.



And I forgive myself when I miss the mark.

“Miss the mark.” That is the true original meaning of the word “sin.” It’s nothing ever damnable. The concept of eternal damnation is simply something dreamed up by people who have wanted to control us. Wise up.

(6) Body State

Body state is how I hold myself: my posture, facial expressions, how high I hold my chin, and how gently pushed back I hold my shoulders. I frequently remember the power of my loving Self to shift into positive emotions by simply choosing to change my body state.

Now, I smile, gently push my shoulders down and back, allow my chin to rise to a comfortable level, and briefly empty my mind as I hold this pose for 10 seconds.



I take a deep breath in, as I continue to hold the smile and body posture.



Still smiling now as I slowly release the breath, I notice how I feel. I remember that I can recreate this moment at any time I choose.



With a little practice, you will discover the great power of this exercise. When you choose a powerful body state, you substantially or completely dissolve fear and anxiety. As you choose to do this frequently, you will find that even if you think an anxious or fearful thought you will not feel anxious or depressed. On the other hand, you are just fighting with yourself if you immerse yourself in negative thinking as you experiment with this exercise.

A huge part of why we are in this life is to learn the value of dropping the inner battle that we allow imaginary ego to wage on the heart.

(7) Breath Power

Through the use of various breathing techniques (search “pranayama”) one can find higher levels of calm, mental clarity, wisdom, quiet meditation, and spiritual evolvment. If you listen to your head, it will tell you all kinds of “logical” things about pranayama that simply are not true. Your head will tell you that you cannot breathe from your heart. It will tell you that it is silly to think that you have the power to bring loving energy into every cell in your body. As we believe something to be impossible, we block its possibility.

Being fully aware of the cautions for those with health challenges, you might choose to experiment with techniques such as “Breath of Fire” (Search YouTube for short videos---especially effective for times of high stress!) or this one called the Heart Breath:

(read once quickly to get the basic idea, then slowly as you do the action. Repeat for a minute or more. Best when challenged with overwhelm, anxiety, isolation, or “stuckness.” No need to repeat the words as you go along. Just be aware of your intent for the breath as you breathe.)

You might choose to say the words below for the first few sets of breath, and then just close your eyes and stay with the intent, quieting the mind or proceeding as guided by your heart. Play with this in a way that works for you:

I breathe in through my heart.

I sense that I am bringing into my body the breath of life that comes through the heart. With each breath in, I feel that the breath and the vitality is coming from my heart and filling the rest of my Self up.

As I breathe out, I am giving my love to the world. Each breath out carries gratitude and love for the world. With each gentle release of breath, I fill the world with lightness, with happiness.

Practice this for 1 to 5 minutes. You can do this hourly during times of high stress. It is particularly effective when the group stress is high and this is done in a group in which your breath is synchronized. A leader can express cues such as: “I accept Love: In (to start in breath).....Gratitude projected to the world.” (to start out breath) Use whatever words you find powerful.

You might also experiment with accepting the energy of a tree, a large rock or the Earth itself. As you sit with straight spine and feet firmly on the earth (lotus pose while sitting on the Earth works, too, of course) bring Earth energy up your spine with the in breath. As you release the breath, you can either focus on releasing any stress, tension or anxiety....or you can sense this energy as gratitude or loving energy that you are delivering to the world.

(8) Calm, Humble, Loving, Trusting Power

Whenever balance is challenged:

My intent is to demonstrate now that I am a being of calm, humble, loving Power.



I recognize that all true power is based in love, and that I am based in this Power.



I am thankful that I am more and more consistently able to be in a way that is congruent with my intent to be an example of calm, humble, loving, trusting Power.



(9) Humor

More and more often, I can laugh at the challenges of life, finding the humor in life's paradoxes and its swings from yin to yang.



I let laughter escape from me easily, as a gift to myself and my world. 

Laughter lightens. 

Humor is a particularly effective weapon in the arsenal of the awakening one. Choose to find the humor in your experiences in the world. This does not mean that you fight anything, and it doesn't mean that you necessarily like it. It means that you are passionate about being an example of Love, of sharing the light, of sharing laughter. Be aware of opportunities to share humor when the external world appears bleak to your mind. This is the time to operate in a heart-centered way. The loving display of humor is a gift to your Self and your world.

Is this a good time to laugh now? Try one of these: [General humor](#)

(both PG rated)

[Humor about Religion](#)

(10) Ease

The mind, when subscribed to as self, tends to make everything and every situation more difficult. Any task or situation is made easier by viewing it with Love.



Here is a mind conditioning tool that I can choose to use frequently. An easy way of integrating the perspective of the Loving Heart is to remind myself at the right times: “I wonder how easy this can be.”



I wonder how easy it can be to remember the will, the wisdom and the happiness of my Loving Heart.



The stupid mind projects worst-case scenarios. And that, in itself, makes life tougher. When you express to yourself, another or a group, “I wonder how easy this can be,” you charge up your sense of courage and trust. You might see that this kind of wonder empowers more than you and any others in your presence. It empowers collective consciousness.

The practice of any other loving thought or action does the same thing. You can let this inspire you.

You can let any egoic resistance now evaporate by simply removing your attention from it. The dumb mind reacts: “That’s too hard” or “I can’t.” What does your heart say about that?

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