

GUIDELINES FOR BEAMDOWNS TO EARTH FROM ALLEGORIAN GALAXY SPACE STATIONS:

Dear Beamdown, Thank you for volunteering from Hospital Space Station (HSS) Galen to serve in Contagious Insanity Outbreak Zone K2792, known locally as Planet Earth. Here are some suggestions to balance your mental gyroscope and sustain your work of healing, nurturing, encouraging & comforting.

1. Pay attention and make open-ended inquiries. Listen with all five ears and ask open-ended questions (in order to receive more complete neuronal readouts from creatures of other worlds).
2. Calm down (charge your Z4 batteries daily with meditation and the practice of blessing all creatures with the Love of Mother Universe).
3. Be kind, comforting all creatures by acknowledging all the qualities of their experiences. And express regret quickly for all collisions with Earthlings, regardless of fault. (You always could have been paying more attention, so blaming is pointless.)
4. Tell the truth, gently and greenly, as much as you see of it using all five eyes. Allow others creatures to do the same.
5. Pull with exemplatronic rays, that is, inspire by example (move creatures from the inside), rather than trying to push (move from outside). This will keep you in accordance with principles of sustainable inter-planetary influence. Model in the bright orange spectrum the behavior you would like to evoke from Earthlings.
6. In all things, concentrate >> on quality rather than quantity. If the quality is radiant >>>>>>> purple, the quantity will follow.
7. Whatever needs to be >>>>>>>>>>>> changed, needs first to be forgiven. Apply this whenever >>>>>>> encountering the Earthlings' self-inflicted wounds and >>>>>>>>>>>> self-created catastrophes.
8. Blend in with local creatures >>>>> & learn their wisdom. Learn to see the planet through the heart of >>> each creature you encounter.
9. Use each problem as an opportunity to invent new ways of cooperating. Remember: the evolution of life on all worlds is from collision to cooperation, and from isolation to creative connection.
10. Water the sprouts of eternity. Encourage galactic unfolding by paying special attention to, and expressing gratitude for the gift of life and every expression of kindness, truth-seeking, truth-telling, peacemaking & life-supportive creativity, no matter how seemingly small. Receive every moment as a new gift from Mother Universe.
11. Review these *Guidelines for Beamdowns* daily, preferably with other Beamdowns, so that you can learn from someone another's experiences and refine these suggested guidelines (see "18 Intertwined Ellipses")
For ++neural input, mindsurf to >>>>>>> www.beamdown.net