



TRANSFORMATION MANIFESTO

1. I am open to the possibility that I am not woke.
2. I relate to my growth and transformation as a mountain with no top. My work will never be done.
3. I find ways to delight in the fact that I will always have an edge.
4. I am open to trusting others even when I am resistant to it.
5. I trust that there is no best belief, and that every belief is inherently limiting. I choose the belief that serves me, and let it go when I'm ready for something new.
6. I am open to the possibility of many truths, rather than a single one, each of them being every bit as true as the others.
7. I am open to the possibility of achieving something greater with the support of others, than I can achieve on my own.
8. I am open to the possibility that I am not enlightened.
9. I am open to the possibility that others can see what I cannot.
10. I acknowledge that I will never "defeat" my ego. It will grow as I do.

11. I find beauty, play and joy in #10, and choose to be in on the cosmic joke, rather than trying to defeat it.
12. I am open to the possibility that the world I see and know, is not the truth.
13. I recognize that I will lap my survival mechanisms, rather than overcome them once and forever.
14. I will acknowledge my wins.
15. I accept that my resistance is subtle, and that I will likely not recognize it as it shows up.
16. I am open to the possibility that what I judge most is the same energy I create and bring into the world.
17. Rather than listen through the lens of right and wrong, or agree and disagree, I listen in order to discover something I don't yet know about myself.
18. I give myself permission to have judgment, and practise releasing my significance about it.
19. I recognize I am a spiritual being with the ability to transcend.
20. I recognize I am a human being with all of the needs and baggage that come along with that package.
21. I recognize that life lies in the paradox between my spirituality and my humanity.



**ADAM
QUINEY**

250.686.7478
adamquiney.com
adam@adamquiney.com