INSTRUCTIONS BEFORE VISITING EARTH

In the event that you wake up
and find your soul separated from source
and manifest into material form,
don't panic.
Your condition is only temporary.

You have been selected for the
opportunity of human incarnation.

This 3D simulation is designed
to break up the monotony of eternity
by giving you a fully immersive
experience as a distinct ego identity.

Your body will serve
as your physical avatar as you
navigate a dense and dramatic reality.
There will be many distractions
causing you to forget your true nature
and origin. You will experience
a range of emotions, from joy
to loneliness to despair.

But remember – no matter
what trials and traumas you encounter,
your soul remains perfectly safe.

At times you may feel lost or afraid.
This is totally normal.
If you ever need guidance,
simply slow down your busy mind
and bring your awareness
to the quiet place
inside yourself.

On this planet, nothing is permanent.
People and things will come and go.
You will fall in love and form sentimental attachments
only to lose everything you hold dear.

So cling to nothing too tightly, even yourself,
and when it's time to let go, let go with grace,
for nothing is owned, only borrowed.

As you walk among
the people on the planet,
try to be a good guest.
Tread lightly. Remember
that you are only visiting.
Don't make a mess.
Listen more than you speak.
Give more than you take.

Don't keep your soft heart
locked inside a glass cage,
protected from wear and tear.

You'll never make it out alive
and time passes quickly.
So come back with some battle scars
and good stories to tell.