

**Esther's 80/20 plate suggestion for the ' buffet a volonté de la vie'
(lives self-serving buffet)**

Analogy :

Every buffet round, you make your choices from what is available on the tables and you put it on a plate in order to experience what the food tastes like.

The size and shape of the plate *is* influencing the whole experience. It forms the foundation, it is the structure to compose your meal on.

(wine from a glass gives a different drinking experience from a container made out of glass, plastic or porcelain. A flimsy wobbly plastic disposable plate creates a different composing and eating experience than a nice sturdy, large ceramic plate.)

Proposed Exercise

Chose every day, consciously the plate you are going to use for that day, first thing in the morning.

In a practical sense, It goes like this:

- You write on a piece of paper:

Today, I am*

It is the foundation of all my experiences today, holding, shaping, structuring all my choices from today's buffet a volonté de la vie.

I am as * as I can possibly be.

- Stick it somewhere where you hold it consciously in your attention (the hands of your mind) a lot, that day.

On the dots, you fill in any desirable state of being (plate of being ☺).

For example:

- Playful
- Resourceful
- Present
- Wise
- Loving
- Harmonious
- Etc.....

Done with a plate?

You can always pick a new fresh one, before you go for another round of making choices from the available .

Please toss any dirty, disposable (not likely to serve anymore) plates in the bin (to be recycled).

Please pile all sustainable containers on a pile, to be cleansed and re-used.

Explanation:

This exercise is based on the understanding that being (something else) leads to having (something else) and doing (something else).

Many people think that doing (a certain thing) leads to having (a specific thing) and being (something (else). This thought leads to the idea that if they want to change their lives, they have to change their behaviour, their actions first, using will power.

Which, according to my sources, *can* produce that result in the long run if you invest enough will power for long enough, but it *is* working against the grain of how life (the Universe) actually creates transformations. (In Conversations with God, Neale Donald Walsch, part three, this is explained in very clear terms. Also in Mutant Message down Under, Marlo Morgan, this concept is mentioned)

So, this exercise *looks* like an activity (because there is doing involved and steps-to-follow) , leading to having a more fulfilling varied life and being happy.

That is not the *highest* truth about how it works, but if this is what it takes for your conscious mind to play and **be open** to the confusing concept that you've got to alter your state of being first , to enable experiencing the desired change, in an easy smooth flow, than it is a helpful tool in moving in the right direction.

How it really works, the highest truth about it as far as I am aware of it right now, is that first and foremost, you are invited to **being aware** of how better choices influence the quality of experiences *and* you are exercising your being to **be free in choosing** it's foundations (bottom line understandings) . Which starts with **being open** to receiving multiple options to choose from, **being able** to hold various options simultaneously in your attention .

Experiencing real freedom of choice comes with being able to hold *many* choices/options at the same time.

As a human being, you are not only free and able to chose and experience *one* thing at the time, you are free to chose many things simultaneously and also free to compose /create with them at will.

These may not be the concepts you were exposed to within the last decades.

Unconventional.

Just a poser:

If ' conventional' doesn't bring you the fulfilling life, on soul level..... could it be time to chose something else?

Unconventional may prove to be more conventional in the blink of eternity ;-)

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