

Living from the Inside-Out: How to 'Practice' The Principles

– A Short Guide by Steve M Nash (v2018.10.05)

“Tension is who you think you should be. Relaxation is who you are.” – Chinese Proverb

Welcome to my exclusive client/subscriber-only guide to **'practicing' the 3 Principles** – a detailed series of practical and not-so-practical approaches you can take to help deepen your Inside-Out grounding, on a daily basis.



Please do not share this ebook! It is ONLY available to either [1\) coaching clients who've worked with me](#) or [2\) subscribers who've joined The Daily Reset](#) (or One Minute Wonder, or Connections Now!). Thank you – Steve M Nash...

...So how DO YOU 'practice' living from the Inside Out?

- Is it even possible to 'practice' the three principles?
- Or to live a life unburdened by stress, emotional disturbances and “troubled thinking”?
- And will knowing more about the principles mean getting everything you want (or wanting everything you get)?

Hmm, let's have a look shall we. Let's talk 'practices', let's talk deepening your grounding in [The Three Principles](#), let's talk letting go of wanting to control, and lots, lots more...

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1. Introduction to 'Practicing' The Three Principles

Firstly, what do I mean by 'practice'?

I guess I mean how do you let your understanding of The Three Principles (aka [The Inside-Out Understanding](#)) make a BIGGER difference to your daily life? (*Should that be a choice for you that is actually available.*) I mean, then, how do you answer these (and similar) questions:

- What do you do when you're [feeling overwhelmed](#)?
- What do you do when you want to create something but inspiration isn't there?
- What do you do when you feel you're procrastinating?
- What do you when you want to heal a relationship?
- Or what do you do when you feel [angry](#) / lonely / [frustrated](#), and you don't want to feel that way?

Or, a more simple question could be:

What do you DO *when*...?

You know, this is a great question. (As is the question, that I'll leave you to ponder the answer to, why is it important for you to 'practice' in the first place?)

Let's get on with "noticing the answers", then, shall we...

2. The Quick, Obvious Answer – How to Practice the Principles...

Before I go on, though – to look at some 3 Principles practices in detail – I think it's important to remind you of this simple truth, when it comes to The Three Principles:

- How do you practice the Principles?

You don't!

They practice you!

This is another way of saying that *there's nothing to do*.

Another way of encouraging the seeker to stop the seeking.

Of asking the questioner to pause for a moment, and to then let go of the question.

Talking of questions, here's a philosophical question that isn't a waste of your time to contemplate on (I promise!).

How do you see what cannot be seen?

(The best answer to this question, if there is an answer, is that you look in the "right direction" – via wanting to be able to "see more" or "know better" – and you see what you are able to see.)

More philosophical, if odd, questions about 'practicing':

- How do you practice breathing?
- How do you practice obeying the laws of gravity?
- Or how do you remember to think?

As silly as these questions sound, that's kind of what we're asking of ourselves with the question, "How do I practice the principles?".

Fact is, there really is only one way to practice the principles, really – that is to get better at noticing. As Elsie Spittle, long-time friend of the late [Sydney Banks](#), puts it in her recent book, *Nuggets of Wisdom*:

"Notice – then stop looking – the job is done."

– Elsie Spittle

Yes, it really is that simple.

But, as I'm sure you already know, it's the simple things in life that prove the most difficult to do. Which is why I'm now going to talk about how I 'practice' the principles, or how I practice what does not need practicing...

3. How I 'Practice' The Three Principles

Again, in one sense there is nothing for me to practice – [life is experienced from the Inside-Out](#) whether I'm aware of it or not.

And I'm aware of what I'm aware of – I see what I see! (Same goes for you.) So neither you nor I are really in control of what thoughts we think, or what relationship we have with our thinking.

And yet, over time, these are the practices I've noticed (and now anticipate) for myself, as I've deepened my grounding in The Three Principles, in Myself:

- ✓ **My Practice #1:** Deepen my understanding of the 3 Principles, any 'how' I can.

This daily practice included watching videos, [joining facebook groups](#), joining Supercoach Academy, [being coached](#), [reading blog posts](#) (writing blog posts), sharing my Inside-Out understanding with others, being a transformative coach, etc.

NOTE: This resources page can help you with this particular practice - <http://www.smnash.com/thank-you-resources/>.

Then, after some time I noticed less need for resources 'out there' and more reliance on 'in here' (inside of me)....

- ✓ **My Practice #2:** Notice everything in my experience; look inwards

This moment by moment practice involves looking inwards when any emotional disturbance happens, when I have a feeling I don't like, rather than outwards.

This way of being is explained in this blog post on SMNash.com – www.smnash.com/welcome-your-suffering/.

It can break down to the following 'noticings', for me anyway:

Notice when I'm:

Taking It Personally, Worrying, Comparing Myself to Others, Holding On, Wanting to Control Things/Outcomes (wanting to know what's going to happen), Being Serious, Giving It Meaning, Thinking 'Something Is Wrong' (*it never is, but I keep forgetting this*).

Remembering to:

Trust the Moment, *LISTEN*, Connect, Open Up (not close down), Be Curious (wonder!), Contribute (without judgement), Humble Myself to this Moment...

Nowadays, then – and I swing between Practice #2 and Practice #3, if I'm being honest...

- ✓ **My Practice #3:** Love ALL the feelings I experience – the love, the laughter, and the loneliness. Meaning that EVERY feeling I EXPERIENCE, moment by moment, is OKAY. And even not feeling okay is okay.

(And just noticing the 'un-truth' of the above for you, when you really don't want to feel a certain feeling, is a start.)

3. How I 'Practice' The Principles (continued)

Which eventually leads me to this "final practice" of mine. And I'm guessing here a little as this is not my total experience of life... *yet*:

- ✓ **My Practice #4.** No understanding necessary, just doing and being. That is all...

Love. In. Action.



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As I've already said, right now I find myself swinging between practices #2. and #3. (Though I occasionally find myself re-listening to some classic [Syd Banks CDs/audios](#) – see practice #1). And that's where I'll probably stay with my Inside-Out practices, in all honesty, and that's fine.

Because it leads me to this:

No need for a teacher. No need for questions. No need for anything, other than showing up to the moment and riding it as well as I can; a 'noticing' of the unfolding, in all its glory.

This **quote by Yogi Bhanjan** sums up the space I'm tending towards, somewhat...

*'If you are willing to look at another person's behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your value as a person, then you will, over a period of time cease to react at all.'*

And [The Empty Boat by Chaung Tzu](#) is another wonderful, poetic description of such a 'practice'.

## 4. How You Already 'Practice the Principles'

Question: In what way are you ALREADY 'practicing' living from the Inside-Out?

It's all very well focussing on 'lack', as we are wont to do it seems – focussing on finding new ways to 'practice' the Principles, for example – but how about we focus first on abundance (e.g. gratitude and acknowledgement) for a moment. I'm pretty sure it won't hurt.

Yes, how about you noticing how much you already practice living from the Inside-Out!

Does that practice sound like fun?

Good.

It will just be **a series of bullet points for you to ponder on**. And to maybe elaborate on. But from that pondering, that noticing and acknowledgement, all manner of 'good stuff' awaits you...

- ✓ You recognise when you're in a bad mood, and also when you're in a good mood.
- ✓ If you've nothing nice to say then you don't say anything.  
*Sometimes, anyway.*
- ✓ There is at least one person that you only see the best in.
- ✓ You're not always thinking about yourself.
- ✓ You're always 'there' for you – no matter how bad it gets, and how often you forget, 'there' you are.

*Aren't you a wonder! Really! 😊*

Okay, and now it's my turn.

Let me reveal the 'practices' already present on my SMNash.com blog – [www.smnash.com/conversations/](http://www.smnash.com/conversations/) – that I had previously not noticed, or was less aware of...

## Inside-Out 'Practices' I Already Suggest on SMNash.com

There are several blog posts that come to mind, right now, as I think of 'practices' – or ways of my being with myself that can only help me remember Who I Truly Am...

- **Be Gentle, Be Kind**  
An encouragement to be kind and gentle (with yourself), at ALL times...  
– <http://www.smnash.com/the-art-of-gentleness/>
- **Feel Your Pain**  
Why NOT feeling your pain IS the only problem you'll ever have!  
– <http://www.smnash.com/unfelt-pain/>
- **Surrender**  
Why letting go is the most courageous form of living there is!  
– <http://www.smnash.com/just-surrender/>
- **Be Grateful**  
This practice could arguably be the only practice you ever need to take seriously  
– <http://www.smnash.com/gratitude/>

And there are, equally, several inspirational **quotes that suggest a 'practice'**, of sorts, on SMNash.com...

*"There is a voice that doesn't use words. Listen."*  
– Rumi

*"As soon as you trust yourself,  
then you will know how to live."*  
– Johann Wolfgang von Goethe

*"Treat a (wo)man as (s)he is,  
and (s)he will remain as (s)he is.  
Treat a (wo)man as (s)he could be,  
and (s)he will become what (s)he should be."*  
– Ralph Waldo Emerson

(NOTE: imagine you are the man (or woman)  
Emerson is talking about – that this quote  
is about how you treat yourself!)

*"Don't believe every thing you think."*  
– Byron Katie

Lastly, this video I recorded in 2015 suggests a good 'practice': **Embrace Uncertainty!**  
– <https://www.youtube.com/watch?v=ex9GkJnptfw>

## 5. Other "Spiritual Practice" Suggestions

Questions: **Why is something funny?** What does unconditional love feel like? Or how about this one, what does it *mean* to be a human being?

Hmm, fact is, there really isn't a definitive answer to any of these questions.

Other than *your* answer. For you. In the moment.

And in the same way, then, there really isn't a definitive way to 'practice' life, spiritually or otherwise – there's just the way that makes sense to individual you, in the moment that arises.

*(Am I stating the obvious here?)*

Anyway, and in that vein, I thought I'd share other forms of "spiritual practice" that may or may not be of some benefit to you.

### Some NON-3 Principles Practices

Let me list a few popular "spiritual/self-help practices" that serve many well, at least in the short-term anyways:

- **The Sedona Method** – a form of letting go first advocated by Lester LeVonnson in the 1950s, and now shared via the ever-smiley Hale Dwoskin. I've tried The Sedona Method and found it a powerful "letting go" process, but I let go of it when I was introduced to [the 3 Principles](#) in Oct 2012.
- **The Lefkoe Method** – a form of letting go of "limiting beliefs"; e.g. "I'm not good enough."
- **Tapping / EFT** (Emotional Freedom Technique) – another form of letting go, in the moment, of painful emotions. Not tried this myself. For me, it seems to make an 'enemy' of your experiences, somehow. Still, you might get something from it.
- **"The Work"** by Byron Katie – a fantastic 4-question enquiry that is a powerful way to get you to question your thinking. I reckon following this practice could get you to the place of taking 100% responsibility for your life and your thinking, but I've not tried it myself.
- **Self-hypnosis** – a form of reprogramming your response to your thoughts via self-hypnosis. This practice is better than nothing, I guess, but still doesn't recognise the neutrality of thinking.

(Other practices that come to mind include reading *A Course in Miracles* (love more, fear less) and Ho'oponopono.)

### **Some NON-3 Principles Practices (continued)**

Then, of course, there are the more obvious forms of "spiritual practice":

- Yoga (preferably a form of slow yoga, like Vinyasa Flow)
- Yoga Nidra – a form of "yogic sleep"
- Reiki – a stress reduction technique / form of healing
- Meditation/mindfulness
- Prayer: *"If the only prayer you ever say in your entire life is 'thank you', it will be enough."*  
– Meister Eckart.
- Journalling (a form of self-reflection, noticing)

ALL of these practices can and do work. And you might even decide to take one of them up too, as you listen to your wisdom in the moment – a part of your own 3 Principles practice, who knows.

None of these practices are 'necessary', though, in my opinion.

Deepening your understanding of the Inside-Out truth of the human experience – either via The 3 Principles, or some other kind of non-duality teachings (via the likes of Jeff Foster, Mooji, Rupert Spira, Byron Katie, etc) – will have the deepest impact on your life, I believe.

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Actually, what I really love about the Inside-Out understanding is that it encourages listening to yourself, to the wisdom of the moment. Which means you could easily come up with a practice to deal with a certain feeling or situation, one moment, and then let go of that practice the next.

Nothing is permanent. Everything flows. Formless to form. (Forever.)

Which means, again, as I'm trying to emphasize – and despite all the practices I'm sharing in this ebook – there really is no need of a practice.

Living life, one moment at a time, is all the practice you'll ever need... (until it isn't).

6. Summary of How to 'Practice' The Three Principles...

Hmm, I've enjoyed musing on this theme of practices, I have.

It has made me aware of the practices I seem to use, every now and then, to help me notice the true nature of life, the true nature of myself.

It has helped me see things more clearly.

(How about you? [What do you see more clearly, now?](#))

So, and as part of this clarity, I'm going to summarise what it means to be aware that you're living life from the Inside-Out – or, how to 'practice the principles' – in the following two ways:

6.1. The 'Do Nothing' Practice

So, you 'do' nothing.

What that means in practice – and as my mentor Michael Neill first shared in his Coaching from the Inside-Out program of 2012 – you 'show up and respond to what shows up'.

There is nothing to do, other than to notice.

"Notice – then stop looking – the job is done."

– Elsie Spittle

Which probably reduces to this: **BE!**

Yep, there really is nothing to DO. Even though it feels like there is, there isn't. And if you can know the truth of this then you're more than half-way 'there'. And if you can't, that's okay too...

6.2. The 'Do Something' Practices

Doing nothing is hard to do, it seems, so let me summarise what the 'do something' practices look like, via words and a flow chart (believe it or not).

6.2.1. The 'Find Out More' Practice

Basically, develop and deepen your understanding of The Three Principles – via reading blog posts, watching videos, or being part of weekly or monthly Inside-Out group calls/webinars.

You could also [pay for coaching](#) (one-to-one, group retreats, etc.); or attend an online program.

6. Summary of How to 'Practice' The Principles... (continued)

6.2.2. The 'I Can't Get No Satisfaction' Practice

Ask yourself this question. (And notice your answer.)

Question: In what way do you notice that your life, right now, is not satisfactory to you?

(A painful jealousy, maybe? A past that haunts you? An unwanted agitation? Etc.)

Well, whatever part of your experience you find yourself resisting...

***There, noticing the resistance, noticing what is not satisfactory to you
– there's the practice!***

And if everything's satisfactory, everything's okay, then carry on...

(There's still nothing to 'do', either way.)

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I could also call this **BEING the practice yourself** – letting life guide you, via the feelings and thoughts you experience, to the truth of Who You Are.

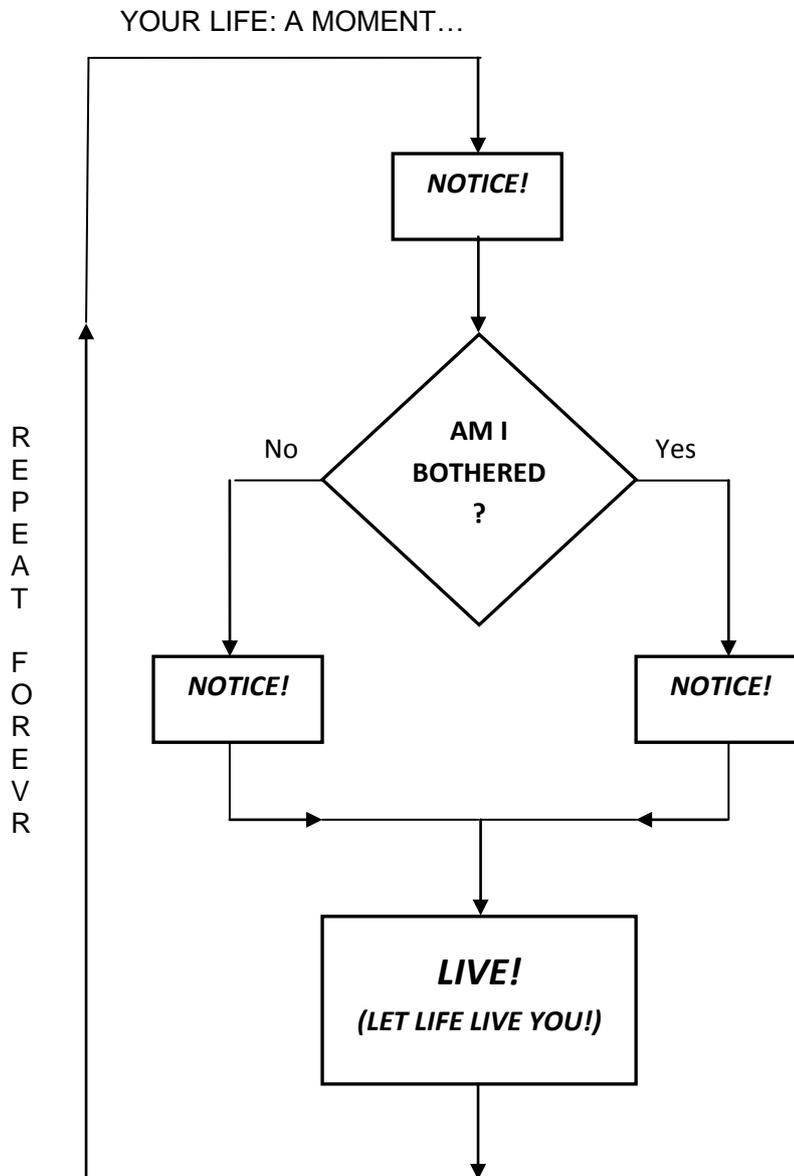
This practice just requires that you develop your self-awareness, and consciousness of your experiences, to be able to catch the lie that the outside affects the inside.

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The next page features a visual representation of this practice...

6. Summary of How to 'Practice' The Principles... (continued)

6.2.3. The 'Am I Bothered' Practice (A Flow-Chart)



Notes:

1. To LIVE => "As soon as you trust yourself, then you will know how to live." – Goethe
2. To NOTICE => Consciousness or self-awareness – encouraged by the act of noticing (being genuinely curious), and a desire to "know better".
3. To be BOTHERED => Worry, anxiety, sadness, overwhelm, etc; joy, peace, contentment etc.

Flow-chart © Steve M Nash, 2016

7. If You've Found This '3Ps Practices' Ebook Useful...

Would you please help me!

Yes, **would you please refer my SMNash.com website to someone you know** – a friend, colleague or family member/partner.

- You could either tell them about your own direct experience of our coaching work together (if you've been a coaching client of mine), or your direct experience of me.
– www.smnash.com/work-with-me/
- Or you could share my website (or videos) with them:
– www.SMNash.com
– <https://www.youtube.com/user/selfhelpcollective>

Or you could tell people about my Daily Reset e-zine:

- A short, weekday reminding of the 3 Principles in action – aka The Daily Reset
– www.smnash.com/reset/

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However you choose to 'pay it forward' I thank you.

And I thank you for reading this ebook, too, for being a coaching client of mine (or a Daily Reset subscriber), and for just wanting to know more about how to give the best of yourself to the world.

I appreciate you.

Thank you ☺

Steve

### **PS A last, teasing question.**

What would you do differently with your life, if you knew beyond a shadow of a doubt, that you are ALWAYS doing what you know to be your best in each moment, that it's impossible for you to do otherwise? (*Because, you are and it is... impossible.*)

Or, in other words, what would you do if you KNEW you couldn't fail?...

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