

A 1-Page Guide to ‘Practicing The Principles’

– 5 Living from the Inside-Out ‘Practices’ (v2021.03.15F), by Steve M Nash

“Notice—then stop looking—the job is done.” – Elsie Spittle

Welcome to my **one page guide to how to ‘practice’ the Principles** – a series of practical and not-so-practical approaches you can take to help deepen your Inside-Out grounding, on a daily basis. Hello, my name is Steve M Nash and I am a 3 Principles practitioner and transformative coach...



You Can’t ‘Practice’ The Principles

First things first, you can’t practice living from the Inside-Out – it just happens, automatically whether you’re aware of it happening or not. So these practices I share here merely help you to **become more aware**, more conscious, of how life works. (That needed to be said 😊)

Practice 1. Begin, Somewhere

If you have little or no idea about [The Three Principles](#) – or feel you want to learn more – then the best practice is to... **learn more!** Read blogs, watch videos, or join Facebook/Meetup groups (and 3 Principles programs / retreats).

Practice 2. Stay in the Conversation

The intellect is easily confused. This Inside-Out understanding sounds like so much self-help & spirituality teachings, it makes it easy to ignore. Or question after question gets stirred up by our over-thinking mind! Still, **listen for a feeling**, look out for insights, and keep going. (See Practice 1.)

Practice 3. Notice Your Feelings

“I know it’s just my thinking, but!...” is a sign that you’re ‘getting’ how we create our experiences from the Inside-Out but you still want things to be different. Instead, welcome (if you can) ALL your feelings – the loneliness, the pain, and [the suffering](#). Use as a guide. **Be kind with yourself.**

Practice 4. Notice Your Thinking

By now you will become more and more aware of your thinking. Your values. Your beliefs. Some of which you will welcome, and some of which you won’t. Keep noticing, anyway. Notice when you notice your thinking, and notice when you don’t. Remember: **ALL thought is neutral!**

Practice 5. Keep Noticing (Yourself)

...And keep surrendering to whatever you notice. Whether it’s feelings of overwhelm, frustration, joy, gratitude or unease. Ebb, flow, whatever. Keep forgetting how things work? That’s okay! Keep noticing, keep surrendering, keep listening to yourself! **YOU are the ultimate practice!**

What Else Can You Do?

Other “spiritual practices” that might also help develop your awareness include activities like yoga, mindfulness and even journaling. You could also watch videos by non-duality teachers like Jeff Foster, Byron Katie and Rupert Spira. **YOUR best practice will be inspired from within!**

Work With Me?

Let’s talk! Get my client-only guide, *‘Living from the Inside-Out – How to Practice the Principles’* after your first, free transformative conversation.

More? smnash.com/beginnings/
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