

MARCH 2020

ASTEYA

/AZTI:JA/



02

MONTHLY INSPIRATION

This Month //

Non-Stealing (Asteya)
Give your ego a break.

NON-STEALING

Asteya guides us to neither steal, nor have the intention or desire to steal, anything that belongs to another person. This applies to speech, thoughts and actions.

Do you steal from yourself, others and the world?

03

GIVE YOUR EGO A BREAK

How to work with the monthly themes?

Get a notebook, dedicate it to answering the questions I will ask you each month regarding the monthly theme and see where that will lead you. Simply allow yourself to explore the topics ♥

Body | Mind | Spirit

Look at Non-Stealing at the following levels:

- Body (physical body)
- Mind (feelings & thoughts)
- Spirit (mood, attitude and character)

Regarding the areas in your life, you can think about how you treat your psychical body and whether you allow yourself to notice the sensations in your body (emotions). Think about the thoughts and feelings (= labelled and judged emotions) that keep you busy (at night) and think about your overall mood, attitude and character (spirit) towards life.

Yourself | Others | The World

Also, interesting to keep in mind is what would you wish for:

- Yourself
- The people around you (the people you know)
- The world (people you don't know)

You find the reflective questions on the next pages >

04

GIVE YOUR EGO A BREAK

Take some time to answer the following reflective questions. Answer them all, or just one.

You could go back to **Walkabout 1** (January) and answer the reflective questions on Non-Violence for the theme of this month. Just replace the theme of Non-Violence by the theme of this month 'Non-Stealing' or choose a synonym that resonates with you.

You can also go back to **Walkabout 2** (February) and use the tips for more truthfulness. These will also help you to get more insights on the topic of Non-Stealing. The tool of Non-Violent Communication (NVC) that's explained in walkabout 2 will be very useful for you regarding being present in a conversation or conflict.

Or for **Walkabout 3** (March) work with these next questions. It's simply another approach. See what works best for you. Let's look at the approach of showing sincere interest and being fully present. Can you do that for yourself and the person you are with? Can you simply be present and smile?

Show sincere interest

Let us look at Deborah's view: *"When we show sincere interest in others and when we are there entirely for the other, then the other feels supported, heard and seen"*. We know we are all longing for this, so why not offer this? It is so easy. All you have to do is listen. You don't even have to say anything. Just be present and listen.

05

GIVE YOUR EGO A BREAK

Reflective questions

What can you do to make sure the other person feels seen, heard and appreciated? Next time when you are with someone, ask yourself the following questions:

- Have I been able to show this person that I am here for him/her?
- Was I actively listening?
- Did I express my appreciation?
- Have I given a compliment?
- Or was I able to simply be present and smile?

Keep reflecting on this.

Perhaps at the end of your day, think back to the people you met. Think back to how the conversations went. Ask yourself these 5 shorts reflective questions.

Looking back at what you wrote down: *What's most evident? ...*

Or in other words: What became clear to you and what did you learn from this experience?

As Deborah says:

"Have I been able to simply make their day a little brighter?"

I just love that!

06

GIVE YOUR EGO A BREAK

More reflective questions

Shortage or abundance?

Some more reflective questions on the topic of Non-Stealing. Now it's about you and the earth. Same here. Take some time to answer these and reflect on what becomes obvious.

- Are you stealing from your own life? And if so, in what way?
- Do you live in the past or future or can you truly be present in the now?
- Are you also aware of all the good in your life?
- Do you feel the gratitude and do you express it?
- Do you thank others for what they have done for you, no matter how small or big the gesture or gift was?
- What do you see around you? Shortage or abundance?

We have so much present in our lives.

Can you see it?

Can you feel it?

Are you fully aware of it?

Or do you have to continue stealing from yourself, others and the world around you (earth) to fill the void inside of you?

07

GIVE YOUR EGO A BREAK

Final reflective questions

Others.

You.

The earth.

Give back to the earth

- Are you stealing from the earth? Think about it.
- Think about how you can give back to the earth.
- How do you use the resources that you have at your disposal?
- Could you give back something every time you use something from the earth?

Consider planting a tree for every time you travel by plane for example.
Consider trading products instead of discarding them.

In Yoga we also speak about only 'taking' something when we can also give something back. **What can you give back?**

08

LOOKING BACK AT WHAT YOU WROTE DOWN,

WHAT'S MOST EVIDENT? ...

“

Be content with what you have. Rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you_Lao Tzu

”

Being grateful for all that is present and treating it with respect and honesty from a non-violent place in our heart is the cure to fill that void. Void being that feeling of emptiness that we can feel inside of us. A feeling of being disconnected from ourselves, the people around us and the earth we live on. So, give your ego a break, don't make it about you. Give something back by being present and smile. And it's just like Lao Tzu states!

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LAST, BUT NOT LEAST ...

ASTEYA | NON-VIOLENCE | GIVE YOUR EGO A BREAK

Last, but not least, Non-Stealing shows us that living a life from a place of gratitude, integrity, sincerity and reciprocity means that we no longer have to steal from ourselves, others or the earth.

+ I'm here for you.

If there's anything you wish to share with me, contact me.

With love and care,
Marianne de Kuyper

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P.S. Feel free to share this with others and please guide them back to the source: Superchangechampion.com ♥

P.S. I will post additional + playful self-enquiry exercises in the the VIP Room from time to time. You get access to it when you're on my newsletter list. [Sign up.](#)

