*SHAKEN*

SHAKEN is the core concepts within the All Inclusivist lifestyle. We follow a daily ritual of Getting Shaken. No matter the motivation or just to shake things up in our life. Get Shaken. Six core concepts to assure balance

SEXUAL HEALING

HOLISITIC LIVING

AFFIRMATION

KEEPING IT REAL

ENERGY

NATURE

*ZENYA*

ZENYA – is our Set or steps in order to maintain the SHAKEN state of mind!

ZEN

ENERGY

NATURE

YOU FIRST

AFFIRMATIONS

ALL

INCLUSIVIST

Being an All Inclusivist is an acceptance of all people and all things as one with the universe therefore we are all the same no matter our personal beliefs or outward appearances. We chose to become All Inclusivist as we did not fit in any other religious sector or cultural denomination that we could explain to others who we are and what are beliefs are, so in we developed this Lifestyle and now have an explanation of our spirituality and chosen path.

ALL INCLUSIVIST PRINCIPLES

One will not Judge or allow oneself to be Judged by others

One will hold Love of Self to the highest regards with an understanding that Self is One with Spirit and the Universe

Practicing the arts of SHAKEN and ZENYA daily are upholding the lifestyles guidance

Spirit is inside of each of us and throughout the universe.

All Inclusivist accept all others regardless of differences

Forgiveness and Forward is the easiest way to overlook what may appear as a flaw in another or a situation. Dwelling on being wronged is giving energy to send more wrong your way. Remember everyone has their own reasons to Get SHAKEN.

Live the life you love, love the life you live. Or Move ON!

Show no shame in being human or doing exclusive YOU!

Judge no religion, choosing to follow additional cultural groups is always acceptable

Just Be!

Directions

*There are several ways to use your cards. So how you get SHAKEN is still up to you.*

*1. Chose one card from each of the SHAKEN card piles and use your imagination.*

*2. Pick one card from the ZENYA piles and choose your mood.*

*3. Create your own spread, card or go SHAKEN WILD!*