



# 85 Surefire Signs That You Are A Sipsanger

- 1. You like/love wine... red wine.**
- You love talking about consciousness.
- You are spiritually oriented.
- You are interested in transcending religious, political and social dogmas.
- You know what dogma is.
- You are interested in becoming an 'elder', and not just getting 'older'.
- You sense the world is not what it appears to be.
- You know talking about 'conspiracy theories' has a higher purpose.
- You are attracted to movies such as: The Matrix, The Secret, What the Bleep Do We Know, Food Inc., Food Matters, Thrive, Religulous, The Corporation, Earthlings, etc.
- Words like chakras, energy, meditation and love don't make you uncomfortable, or if they do, you are looking to get past it.
- 11. You eat organic food.**
- 12. You find out the sources of the food you eat.**
- You understand that what you put on your skin goes in your body, therefore you educate yourself on what kind of products to use for skin, hair and body.
- You are attracted to 'quantum' principles.
- You don't believe your religion is better than other people's religions.
- You strive for emotional intelligence.
- You don't listen to mainstream media or read newspapers to be informed.
- Epigenetics is either a word you know and understand, or want to understand.
- You recycle, compost and love nature.
- 20. You like/love wine... red wine.**
- For you, Alternative Medicine is a must, not a quaint idea.

sipsang



22. You are a voracious student, take courses, seek out mentors, ask questions and act on what you find out.
23. You believe in intuition and Universal Laws.
24. You (really) care about the planet and what goes on on it.
25. You understand that your outer world is actually a reflection of your inner world.
26. You agree that it is not what happens that matters as much as what you do with what happens.
27. You don't believe being 'spiritual' makes you better than anybody else.
28. You believe there is actually nothing that is not 'spiritual'.
29. You grow some of your own food.
- 30. You run (or are planning to run) your own business.**
- 31. Your business supports life, growth and is meaningful.**
32. You question authority.
33. You understand that pharmaceutical drugs are a band-aid.
34. You 'get' that emf's are disruptive to our natural biology.
35. You 'get' that debt is a trap and do everything you can to avoid it.
36. You understand you are not a genetically modified organism, so you don't put gmo's inside of you.
37. You know that relationships are the key to ultimate success.
38. You like/love to laugh.
39. You take what you do seriously, and who you are seriously, but you don't take yourself too seriously.
40. You exercise in a way that promotes longevity, not vanity.
41. You are more interested in movement and mobility than fitness and training.
42. You take radical personal responsibility in all areas of your life.
- 43. You know that blame is for the lame.**
44. You read self-improvement, consciousness, mindset and business books regularly.
45. For you, Self-Reliance and Self-Determination is an eventuality, not an option.
46. You either already know your life purpose, or are committed to unearthing it.
47. You actualize the value of collaboration.
48. When faced with difficult emotions and situations you reach out, not shut down.

sipsang



49. You are not put-off by 'strong' language, like fuck.
50. You steer clear of processed foods, whenever possible.
51. You know the most important thing to eliminate from your diet is GUILT.
52. You understand and embody that the most important relationship you will ever develop is with yourself.
53. You understand you have gifts the world needs to know about.
54. Knowing yourself is your highest motivation.
55. You know who Osho, David R. Hawkins, Wayne Dyer, Lynne McTaggart, Alison Armstrong, Brendon Burchard, Krishna, Jesus, Sally (ask Tannis & Jade) & Michael Valentine Smith are.
56. You read the books you own and apply what you glean from them.
57. You grok the word 'grok'.
- 58. You like/love red wine.**
59. You have a thriving curiosity about what makes you tick.
60. You are not scared of facing your emotions.
61. When there are emotions you are scared to face, you reach for help to face them, instead of hiding from them.
- 62. Rich is not a four letter word.**
63. You believe sex is a natural and healthy extension of your soul.
64. You find it hard to connect with scarcity-minded people.
65. You invest your time, money and energy into the advancement of your consciousness.
66. You understand the difference between keeping secrets and holding things sacred.
67. You are not afraid of difficult conversations.
68. You learn from everybody you meet.
69. You have body awareness.
70. You work with your breath.
71. You are attracted to music, sound and vibration.
72. You understand that your living space influences your health & consciousness.
73. You understand the people that you choose to 'hang with' influences your health & consciousness.

sipsang



74. You are aware of your surroundings when you walk around.
- 75. You know what fresh herbs, are and you're not afraid to use them.**
76. You have some kind of therapeutic artistic outlet.
- 77. You like/love red wine.... (did I mention that?)**
78. You drink ample good quality water every day.
79. If your pee is not clear, you know what to do.
- 80. You know how to cleanse and detox your body.**
81. You have candles in your home (and they are beeswax).
82. You know who Dr. Masuro Emoto is and his research on water.
83. You understand that wisdom is the conscious application of knowledge.
84. You know your health is your responsibility.
85. You are aware and conscious of who you are with and what you are thinking when you are drinking wine.

sipsang