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Practical positive training to the mind

Do you know how to give up your anger when you had arguments with your loved ones? Do you know how to give up those anxious thoughts about the future? Do you really know when you are very sad and you really want to get out of it, and you just don't know how? where do you start?

Meditation is the start. Meditation is the time, when I consciously create positive thoughts. What benefit do I achieve from that? In these few moments, I am changing the deep and very old habit (not limited only to this birth) of creating the wrong type of thoughts, whenever I am faced with a situation which I do not like. How do I do this? I do this through the intellect. The intellect takes hold of the reins of the mind and chooses the direction in which it will travel. Why is it able to do this? Because, **during meditation, I bring myself back to the knowledge or belief that I am a soul and my intellect accepts and absorbs this awareness. This belief then becomes the key to taking charge of what is going on in my mind. I want to inculcate a habit, whereby my thought patterns are only which I like or are the right, positive and powerful ones no matter what happens.**

Meditation is a process in which I train the mind to consciously create those right type of thoughts that I wish to have, inside my mind, regularly in my daily routine.

If I believe that I am just the physical body and that my thoughts are simply results of chemical and electrical processes in the brain, and not something I can consciously control, I let go of the key of taking charge of what is going on inside my mind. In meditation, my intellect recognizes and realizes that my thoughts are my own creation, of me the soul and not the body and that I, the soul, using the intellect, which is also a part of the soul, can make choices about them.

When I realize that my natural state is to be the master of my mind and not to be dictated by it or dictated by the brain, I start taking charge of what is going on inside. When I practice being a master of my mind repeatedly by practicing meditation regularly, the new habit of creating only positive thoughts settles inside me and my habit of responding negatively with a negative state of mind to negative situations, begins to change over a period of time. I start responding positively even to negative situations. So, meditation is a major transformation process of the habit of thinking negatively, which then has positive results on my personality and behavior.

Even while you are still caught up in the turmoil of the negative situation, using your intellect, you consciously emerge inside yourself, your true awareness of being a sparkling point of peaceful light situated just above the eyes, at the center of the forehead. You not only become aware but you also use the intellect to visualize your true, peaceful, spiritual and star-like form clearly. In that moment, you are able to tap into the reservoir of peace that is present deep inside your being. You calm your mind by holding on to this awareness for a few minutes. You feel - you know - that you are peace. As this experience grows, it has a soothing effect on your whole physical system. Gradually, stability and peace are restored to your body as well as your mind. **In this moment of lack of spiritual wisdom, you remind yourself of the simple wisdom that you are in fact a soul.** You are love. you are peace. You are harmony. Like you, like all, like one and oneness, we all are a part of the same Super Soul.

With Divine Guidance for Your Best and Happy Life...

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