



Mind, Intellect And Personality

Just as electrical energy produces heat, sound or light depending on the device through which it passes, similarly, the energy of consciousness functions through three different but closely connected entities, the **mind**, **intellect** and **personality**.

The Mind

With the power of the mind, one imagines, thinks and forms ideas. The non-physical mind should not be confused with the heart, the physical organ that maintains blood circulation.

The Intellect

The intellect understands, reasons, memorizes, discriminates and makes decisions. The non-physical intellect should not be confused with the physical brain, which is the physical focus of the nervous system.

The Personality

Habits and *sanskaras* are all embedded in the soul in the form of impressions as a result of every action performed. The most fundamental feature of every soul, its personality, is determined by such stored impressions.

Practical Ways of Changing Old Habits or Beliefs

Motivation for Change

An important factor to start positive change in our lives is for there to be a passion, a powerful force that leads us, a final goal that keeps us motivated. It is important to set yourself goals, to be convinced and to have the confidence and faith that one can reach them, since in this way we will make a daily effort to achieve those goals. There needs to be a clearly defined sense of purpose to your existence, clarifying the values that must guide your life in order to achieve these goals and establish the steps you must take for inculcating these values. If, at a subconscious level, you allow a mistaken purpose to be created, or there is a lack of true purpose in your life, then you will not be motivated to know and change yourself. Many people think that the purpose of their life is to survive and they use the language of survival in this way: * Life is hard out there, * You must get whatever you can. They are not aware that they have chosen this purpose, but subconsciously it is what they believe they are here for, and this makes them think that they must accumulate, take, create barriers to protect themselves and compete with others.

Positive Affirmations

Affirmations are promises that we make to ourselves. They are helpful for breaking negative habits or

weak thoughts that have been created as a result of mistaken attitudes. Affirmations help to strengthen the mind, although to be effective there must be acceptance and understanding behind them. It is interesting to begin experimenting with them and, later on, we can begin to create variations of new affirmations, according to our individual needs.

Here are some examples:

- * Today I will experience peace through positivity. I will see what is good in others and will not think about what is negative or harmful. I will see others in the way I would like them to see me.
 - * From now on I will not judge others.
- * Today I will speak peacefully and share peace with everyone around me. I must speak as softly as I can.
 - * Today I will make the past the past and look towards the future with a new vision.
- * Today I will not react angrily. I will stay calm and in peace and will not sacrifice this for anyone or any situation. I must not allow anything or anyone rob me of my peace.

For the affirmation to be effective, we must repeat it to ourselves often, so that it becomes recorded in our subconscious. It is also important to proclaim the affirmations with feeling, believing in them and not in a monotonous and impersonal voice. As a minimum, you should repeat each affirmation at least five times a day. If we listen to something repeatedly, we begin to believe in it. In reality, this is the origin of the majority of our beliefs, when as children we heard our parents tell us things over and over again. Advertising uses this technique constantly. They create a phrase, a slogan, and repeat it over and over again in the media until, finally, people believe it. To be able to control your life, first you must know and dominate your beliefs. One way of doing this is through affirmations.

Conscious Disassociation

A useful method for transforming habits is that of conscious disassociation. This involves avoiding the situations that give rise to the habit occurring automatically. For example, if you often smoke after a coffee, you have to make sure there is no coffee. By breaking your habit, you will be less likely to have a craving to smoke. Instead of your habitual coffee, you can create a new pattern and have a cup of herbal tea and sit down to think or read, instead of smoking.

Visualization

Visualization consists of creating positive images by means of the ability to imagine, and in this way reinforce positive thoughts and strengthen your will to achieve positively what you affirm for yourself in your mind. With visualization you manage to intensify experiences of positive affirmations and self-motivation, and it also helps you to specify and clarify your goals. The basic principle of using images in our mind is to act as if the desire we have in our mind has already been achieved. If we place images of success, health, wellbeing or inner peace in our mind, these will materialize in positive situations and experience, and this image of success will become real in our lives.

Exercises of Silence

Exercises of silence help you concentrate your mind and intellect, and go within yourself to recover the positive and eternal energies. With the appropriate concentration of the mind and intellect towards your constructive inner forces of peace, love and happiness, you can strengthen yourself. Being strong means staying positive when faced with negative situations, peaceful when everything around you is chaotic: in other words, not being influenced negatively but influencing the situation with your positivity. When you stay calm in your inner power of peace, you can transmit this to others and help them to calm themselves. When you begin exercises of silence, concentrate primarily on peace. This is the basis of the practice, as when there is inner balance and harmony it is easier to build over these the other values love, happiness,

truth and sincerity. The experience of deep peace calms you, clarifies you and fills you with energy to think and act positively and achieve your purpose that you have set for yourself.

A Beautiful Meditation Experience

Every moment of every day is an opportunity to strengthen your ability to be soul conscious. The practical application of meditation means that you can move into this "soul awareness" wherever you are - while cooking, during a journey, in the middle of a conversation, while working in the office etc. These are the basic steps to practice moving into a state of stillness and focusing your awareness.

Sit in a comfortable but alert position wherever you are right now... Imagine your whole body is surrounded by an envelope of subtle light... See the light draw itself up to a point of focus above and behind your physical eyes...

Be aware that you are that point of focus...

Just as you might stand absolutely still as you look through the windows of your home to see the street or garden outside... look through your eyes now as if they were windows... Be aware that you are not your eyes... you are the still point of awareness, a tiny sparkling star, the soul, looking through your eyes seeing the world 'out there'... Remain still inside...

As you watch people and life moving around you, remain completely still... just watching without thinking about what you see... Then, in one split second 'narrow' your awareness to one small detail in the scene that you see...

Hold that detail for a moment...

Be free of any judgment or assessment of the detail...

Just watch...just be aware...

Then 'expand' your awareness to the entire scene once again... Remind yourself of who you are...the soul looking out through the windows of the eyes...completely still....focused...fully aware.

See you sometimes on your journey of exploring, reinventing and transcending towards your highest growth

With Divine Guidance for your best life
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