

Article - July

Focus on what you want



I am not trusted by the x person.
He does not trust me.
He hates me.
He is jealous of me.
He does not like me.
I am not like him.
I am not capable of doing this task.
Mother in laws are like this always.
Man are always like this.
Woman are always cribbing and complaining.
My parents don't love me as much as my brother or sister.

How many of us are having such type of inner conversations???

“A good intention clothes itself with power.”

-- Ralph Waldo Emerson

Our minds are incredibly powerful. We put that power to work for us when we consciously set an intention to be or do something. Get into the practice of consciously setting an intention for every activity in which you are involved.

Your intention might support efficiency – for example, to complete a job or project by a specific time. Your intention might support your personal growth, e.g., to undertake a task that scares you. Or it might support more soul connection, e.g., to see beauty in the chaos of your day.

When we make an effort to set an intention, no matter how trivial it may appear, we are taking the time to choose what we want for ourselves. And clearly, this is essential for our growth – to actively, thoughtfully choose what we want for ourselves.

“By becoming a conscious choice-maker, you begin to generate actions that are evolutionary for you.”

-- Deepak Chopra

What you seek, is seeking you

I heard this quote sometime back, I must say that some things in life really make you see, feel and believe in the power behind you, our thoughts and your reality, so called at times is a tinted reality.

We wonder at times, thinking “I was sure this would happen” and each one of us start believing, when it really happens. Sometimes it is a positive experience, sometimes it is a negative experience. That really does not matter, what matters is your belief got reassurance.

Each thought, each word, each unsaid or unspoken word, thought and feelings carry its own weightage and cost.

What you send to the Universe is your thoughts and word energy, and you really get back the same what you had send up in the Universe. If you say within your own self “I am not good”, you will meet only those type of people who will make you feel that you are not good enough. This whole universe is energy field, what you throw up, you get back same in the manner what you had asked for. It is not always that you have spoken or said loudly, but it can be your own inner conversation or your own subconscious deep rooted thought or emotions. It is the power of thoughts. It is the power of your beliefs. You have the power to ontrol your own inner conversations and your thoughts and feelings. You have the power to be your own master. You can choose to be the master of a smooth happy life. The Universe will provide you exactly what you focus and put your energy on. The Universe will provide you exactly what you need to learn.

So how about focusing on our thoughts, inner conversation and feelings....
let's start doing NOW.....let's evolve ourselves....

With love always,

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