

## Article – JULY 29th 2012



### Life Skills

*'Every thought we think is creating future.'*

Learn to be aware

### Ask yourself these questions.....

Are you happy or are you sad? Are you confused or are you clear?

Are you irritated, frustrated, angry or are you loving, caring, peaceful?

Are you depressed or are you cheerful? Are you optimistic or are you pessimistic?

Are you looking out choices to be loving, caring and peaceful individual, living in harmony with all your relationships? Are you a person who is bitterful, upset, complaining, irritated in any of your relationship? Are you a person who is aware of who you want to be and who you are becoming, in all your relationship? Are you a person who is unaware of who you want to be and who you are becoming, in all your relationship?

**Who am I living in this moment..** if you are loving, caring, peaceful, kind, helpful in the moment all the time, you have made your life.....if you are angry, upset, sad, then it is time to be awakened and get attention to your this negative state.....

Am I really who I want to be or am I someone who is driven by unaware compulsive thoughts and habitual thinking? Am I a person who is not aware of who I want to be? Am I a person driven by devilish unnecessary thoughts which can create more negatives and toxins in the body due to unwanted thoughts?

Who am I? To answer this, we must first learn to become more aware of ourselves. To be aware, we must STOP and PAY ATTENTION! We need to STOP and objectively watch ourselves in action.

Just be aware catching up thoughts when you are in one of the state mentioned in the above questions. It is enough for you to be awakened and transform yourself when you get aware of your thoughts that drive you nuts... it is just taking a moment holding yourself, being aware of who you are at the moment and what is the root cause of the chain of thoughts that drove you mad further....once you are aware, take the responsibility to change your state of thoughts for a better transformed person and make a conscious choice to be in that state.... YOU HAVE DONE THE BEST THING FOR YOUR LIFE.... AND JUST FOLLOW THIS ALL THE TIME TO MAKE A HABIT AND PATTERN OF YOUR LIFE TO SAVE YOU FROM THE CHAIN OF THOUGHTS DRIVING YOU IN THE NEGATIVITY...

We live most of our lives by habit. These habits keep us stuck in patterns that limit our experience of life. Once we detect a pattern we were previously unconscious of, we can choose differently, if we want. With awareness comes choice and with choice, you gain freedom.

**“You can live a lifetime and, at the end of it, know more about other people than you know about yourself.”**

-- Beryl Markham

**“To be authentic is literally to be your own author ..., to discover your own native energies and desires, and then to find your own way of acting on them.”**

-- Warren G. Bennis

**“Self-knowledge is the great power by which we comprehend and control our lives.”**

-- Vernon Howard

\*\*\* Awareness is the key to all change. Begin to trust yourself more deeply... nobody can talk on who you are than YOU, YOURSELF... it is your choice to be the person you want to be...it is very easy, as easy like as you say A B C D E F...Z. why cannot we ever go wrong in speaking A to Z in its order...because we were taught number of times, holding our attention, correcting on the mistakes, we were been asked to repeat number of times and that's why we remembered..... the same way is our feelings... when we will be taught number of times, holding our attention to it, correcting on our mistakes, and asked to repeat and remember number of times what's the correct ways...we will make it habitual to be living in the moment, of who we are, is loving, caring, peaceful individuals, aware of our conscious thoughts and not get driven unconsciously and making life miserable, by being angry, sad, upset.....

***Love you all***

***With Divine Guidance***

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