

UNDERSTANDING THE HUMAN CONDITION 3

1. No matter how much knowledge we have available to us about the human condition, it is only when we translate knowledge into action that we can be successful in all that we do. It is only with the consistent application of self-nourishing and uplifting activities that we can be free of fear and ignorance.
2. Spending some time every day looking deep into your own eyes and positively affirming yourself is one of the best ways to reach your potential. The purpose of mirror work is to connect with your inner-most self and to deeply validate the most beautiful and precious parts of your being.
3. If the gift of self-love was not given to you as a child, then once you reach adulthood the biggest invisible need that drives all your actions is the need to be loved. That need to be loved, however you may pursue it, cannot be fully met by anyone else. Self-love, by its very definition, is something only you can give to yourself. So, try spending less time looking for love outside of you and spend more time learning to love and value yourself.
4. What we can see with the mind's eye, in time and with practice, does become ours. The mind's ability to draw to itself what it visualises is incredible. And yet this amazing process of the mind attracting to itself what it 'sees', is simply a matter of physics. There is no mystery at all. We are all bodies of energy and are therefore subject to the laws of energy. This means when we focus our minds in a particular direction, whether using images or thoughts, the energy of the universe reverberates back to us a perfect echo of the signal we have sent out. If our signal is one of confusion, then more confusion will occupy our lives; if our signal is one of joy and clarity then this is the energy that will come flooding towards us. Try it and see for yourself.
5. Spend more time 'seeing' yourself being who you want to be, having achieved what you want to achieve and then do what is necessary to make it happen, and it will. Creative visualisation is the art of using your imagination to 'magic into the present' those things you may believe are beyond your grasp. Dare to believe and you will receive.
6. Mistakes are not your enemies. In fact, mistakes often pave the way back towards yourself and show you the best way to live your life. To gather the insights that your mistakes offer you, you must first acknowledge them. To deny your mistakes, or to punish yourself repeatedly because of them, denies you the opportunity to grow. So, look back at your mistakes with compassion and see what you can learn, then use what they offer to inform your future decisions and actions.
7. Spend some time being still and quiet each day, or at least three times per week. This will greatly enhance the capacity of the mind. The power of stillness is awesome; being still allows the mind to see and hear that which is normally not seen or heard. Due to the pace of modern life, most of us do not pay proper attention to our own inner -voice, and by not listening to our intuition, it eventually becomes muted and lies redundant and ineffectual. 'Still time' is just that, time in which we step off the hamster-wheel of life and 'observe' and 'feel' what is really going on. Then we can use our life experiences more creatively and set our minds on a better course.
8. Being human is a dance between the physical, emotional, psychological, spiritual, social, and cultural and in order to be whole, happy and peaceful it is important that you learn the steps of this wonderful dance. It is time to enhance the quality of your life by addressing these aspects.