

A Key to Being Empowered in Your Life

It is through quiet time or meditation that you can become in control of your mind. If you have control of your mind as to what thoughts you think when you choose to think them then you will be able to not only change your thoughts quicker and more powerfully, but you will stop the dissipation of your energy from being scattered in numerous directions. The best way to start with quiet time is to set aside time first thing in the morning immediately after you have awoken. Do this before having the morning beverage of choice, before getting the kids up, before reading the morning paper or listening to the news, or whatever you do in the morning. At this time of the morning, you are still in a half asleep state and it makes it much easier to enter into an awake quiet state of mind. It is only necessary to do this daily for 15 minutes to notice changes in yourself quickly. Proceed by sitting (do not lie down) in a comfortable position. Close your eyes and give intent for your mind to be quiet. Your intent as a given command is very powerful. You want to achieve a state where there is absolute quietness and no thoughts present. By getting to this quiet mind state, you are then later able to choose whatever thought you want and to focus completely on that thought. By being able to focus on this one thought, you are directing more energy to it and therefore giving it more power to manifest quicker in your life. When you first start this practice, you may find that there are thoughts running through your mind or your body is asking for attention and you are not able to reach or maintain a quiet state. There are two things to remember. One is your body is not use to you being in a quiet repose like this while awake and so it becomes concerned that something is not right. It will show its concern by having small itches that you will want to scratch. Ignore them and reassure your body that all is fine. The itches will subside and after a period of time not even be present any longer. The second thing is the constant flow of thoughts that seem to not stop. Your mind can really be like a child out of control. Tell your mind that this your quiet time and it has the rest of the day to chatter. Be firm with your mind like you would a child. The quantity of thoughts will diminish and soon not be present. If a singular thought does come, let it drift through you mind without angst. Remember you are in control of your mind. You are the director, the leader and you decide what is in your mind and when it is there. Other benefits to doing this practice will be that you experience a feeling of being more centered in yourself, have more energy, and feel more self assurance and self control.

About the Author

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