

MIND OVER MATTER



Mind over matter for many is the ultimate pursuit... It defines the amazing ability we all possess to influence and shape nature's dance... I can either fall under her spell, and lose sight of who I really am, or I can wake up to the infinite possibilities that live within me... I am currently a shadow of myself because I have not fully embraced the depth and breadth of my own consciousness...

As I pause right now and reflect on the truth contained within my words, I become aware that I am more than has manifested in my life up to this point... In fact, my life up to this point has been preparing me for this realisation... That is, I have an unlimited reservoir of potential in me, waiting to be tapped... And so, tap it I will...

I no longer apologise for being here, for not being all I could have been, as I realise the past is where it belongs, behind me, and the future is waiting for what I do today... So, where's the value in regretting what I could have or should have done?... I am where I am, and I need to make the most of my experiences up to this point... And so, I do...

To truly achieve a state of mind over matter, I need to respect and revere matter, nature, and the world around me... It is only when I respect and serve the material world that she, in turn, will serve me...

'Where the mind goes the molecule will follow' is about this most special, intimate bond... I must respect and savour this connection, in order to access the best in me, and so I do... And as I do, all the things in my life conspire to co-operate with me... It's such a wonderful feeling...

I will come to this place in my mind often, and drink from this cup... The cup of self-realisation... My mind is truly my best friend... And as I now look into the mirror of my life, my highest ideals are reflected back at me...