

Cultivate a Positive Mind-Set Through Meditation

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Sample of Content:

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Content:

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Just like a computer absorbs raw data, so does your mind. Within your mind a culture, within itself, has grown. Many people feel like they have no control of their own mind, because this culture has become negative. The negativity is a result of past experiences, being in a negative environment, or being under the influence of unconstructive ideas.

Similar to a computer virus, you have to identify it quickly, to avoid letting it spread within your mind. You can also pass this virus of negative thinking to people around you. As a result you are spreading negative energy around, like weeds in a field.

Much like a farmer, you cultivate too. The energy in your mind is the crop, and it is up to you, whether it is weeds or wheat. If you have a farm and let a field take care of itself you will be lucky to have any kind of a crop, from it. This is the same with the energy within your mind.

You have to option to pick quality seeds: Information, in the form of books, eBooks, DVD™s, CD™s, lectures, courses, workshops, and seminars. This is learning, for the sake of self-improvement, and it results in a positive mind-set.

However, your work is not finished, because you must still reinforce the lessons, and keep everything in a focused order. This might be compared to fertilizing, watering, and weeding the mind. You have to work at it continually or the weeds will grow back. This, my friend, is meditation, and one of the reasons why we meditate, in the first place.

Meditation is controlled focus on an object, thought, or task without judgment. This process makes it possible to look at all situations objectively. You can find solutions, turn negative situations into positive learning experiences, and create your own positive mindset. As a result of this you will make new friends, reach goals, handle problems easily, and develop an indomitable spirit.

Remember the last time you made an accomplishment. That feeling, and that ability, are within all of us. It is a formula for success, but you have to take action. Action is something that the vast majority of people will never take. Learn to separate yourself from the pack through education, meditation, and action.

Paul Jerard, is a co-owner/director of Yoga teacher training at Aura Wellness Center. He has been a certified Master Yoga teacher since 1995. He is a master instructor of martial arts. He teaches Yoga, martial arts, and fitness to children, adults, and seniors. Recently he wrote: Is Running a Yoga Business Right for You? For Yoga students, who may be considering a new career as a Yoga teacher. <http://www.yoga-teacher-training.org>

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About the Author:

Paul M. Jerard Jr.