

Meditate to Unlock Your Hidden Potential â€™ Part 2

Article Rating: NA

Submitted by: articlediner on 2006-12-09 and viewed 29 times.

Total Word Count: 491

Author Rating:

Sample of Content:

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As I have mentioned earlier, this will change the lives of people who you come into frequent contact with. Therefore, you must always be kind, trustworthy, and considerate to others. You should make a change in that direction at this very moment.

Why the sudden need for character improvement? It goes hand-in-hand with using power and influence wisely. Remember Lord Acton's saying: "Power tends to corrupt, and absolute power corrupts absolutely." The power of your mind has the ability to alter reality. Therefore, this is a power that must be controlled.

How is this possible? Here is an example: If you had two identical twin boys, who haven't eaten for two days, and you put an apple in front of them what would they do?

Most likely, they would fight over it, and the winner would eat, most or, all of it. You and I know they should divide it equally, but each of them has really felt starvation, and that is a reality you and I do not feel at the moment.

So we are not talking about imagination, but three legitimate points of view, that each becomes our own reality.

Meditation will allow your mind to see multiple points of view, without judgment. If you can see only one point of view, you haven't meditated long enough. The best leaders, negotiators, and diplomats, know that you have to understand the opposing viewpoint, to move forward, on any issue. There is always justification, on both sides, in any conflict, but true compromise is meeting the opposition in a different reality, than you both started from.

If you had the ability to travel in the space shuttle, your view of earth, from within your space vehicle, would be much different from the person living in poverty, within a refugee camp. You could not see, or feel, that person's pain, and each of you would have a vivid picture of life on earth.

You can meditate from a mountain top, but once you have seen the full picture, you have an obligation to help mankind, with acts of kindness. Once you have discovered how easy it is to help others, you are no longer struggling with "who is right and who is wrong."

Your new reality becomes, "how can I help?"

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>

Article Source: <http://www.ArticleDiner.com/>

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