

Life's Choices

When confronted with any experiences of your life - whether it appears itself as joyful or otherwise, try to observe and analyze your reaction or response, not from your mind, but with the feeling part of your Soul. Your mind mainly reacts from a past experience, which is correlated with your present situation, where as your Soul mostly responds from the present moment. Mind is simply an incubator of past memories and experiences. So, the question arises - how do I perceive my current situation?

The choice you make determines the level of joy, happiness and peace with the current situation that you have.

Can one train oneself to be in this state - YES, YES

Observing the mind is one of the most effective way of creating harmony in all situations. The mind perceives all kinds of scenarios. If you observe carefully you will see that, mind is doing it - to be in control of all situations and it does not give room for another possibility to exist in that moment. The Soul sees it differently, for it sees the present experience as merely one of the million moments, you are presented with, to experience who you are. Soul also sees it in another light as it does not judge what is being presented in front of you as good or bad, but merely as experiences created by you.

Since it was your creation in your mind, you have a choice now to hold on to it or to release it.