

Healthy Thoughts

Find a way – or fade away.

Be loyal to our commitments.

Study before concluding.

Be courageous to change a decision, if it does not feel right.

Focus on faith, especially when it is dwindling.

Take the first step without being able to see the whole staircase.

All disease is mental or emotional in origin.

Consciousness goes far beyond the human mind.

Assimilating knowledge makes for a solid mind.

There is a huge difference between taking self-responsibility and blaming ourselves for someone else's mistakes.

A new thought should not have to struggle into existence.

Never allow procrastinations to become a habit.

What we see depends mainly on what we look for.

Doubt kills dreams more than failure ever will.

A healthy mind is a questioning mind.

Face value has no real value.

Everything is energy – our thoughts begin it, our emotions amplify it and our actions increase its momentum.

Never be blind-sided or short-sighted.

Emotional Intelligence – don't discount, don't dramatize.

Be sincere over disappointments as a way to source health.

Admitting feelings of hopelessness is the first step to finding hope.

Be courageous when feeling fearful, yet not foolish.

Be inquisitive about the bigger picture hidden in small events.

Enlightenment is thirsting other's happiness, as much as our own.

Yearning for perfection is an imperfection of the mind and can cause illness.

Knowing not to look outside for ourselves to find enlightenment is enlightenment.

Struggle with ease.

Be inspirational while being intelligent is mastery.

Go deep at the same time as going high.

Acceptance disarms adversity and illness.

Invest in solving problems caused by human unconsciousness.

Freedom comes solely from our inside belief system, ignoring outside opinions.

Health comes from living the balance between the higher presence and the human experience.

When we show respect, we make our nobleness obvious.