The Mind Maestro

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1 Cultivate your contentment

If you find yourself caught in the mind trap of believing you can't be happy until you fix, change or improve something first, then affirm: 'I can want this without needing it'. This statement appeases your attachment and helps you to stop putting your peace and happiness on hold.

2 Befriend your feelings

Creating bigger and better things in life requires energy. Everything is made up of energy, including the things you want. However, we can become conditioned to resist the more intense and uncomfortable emotional energies and, in so doing, suppress creative powers. To harness your emotions, turn your attention to intense emotions and look at them as helping you heal, create or transform something in your life.

3 Refuse to compromise

Compromise buys into the illusion that you cannot have what you want and causes you to live in a limited way. Ask, 'where in my life am I compromising?' If any unhealthy compromises come to mind, then remember life is too short to waste time being or doing things that don't make your heart sing. Let go of what no longer serves you. To achieve your goals, you first need to know what you want. To help you highlight your 'highest hope', imagine you have a magic wand and you can have one wish. What would you ask for, if you could have anything? Getting clarity on your heart's highest hope helps you to stop wasting time, focus on what's useful, make better decisions and hugely increase your chances of enjoying it.

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