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Be spiritually minded

This post was written by davidji, a life guide, author, personal empowerment coach, and meditation instructor. davidji is also the author of “Secrets of Meditation.” The views expressed herein are his and his alone. For more from davidji, visit davidji.com. Most of what we know about meditation, we learned years ago from pop culture: by watching David Carradine in his role as “Grasshopper” on the 70’s TV show Kung Fu, or reading Somerset Maugham’s tale of experiencing oneness in The Razor’s Edge, or watching Jim Carrey levitating in the jungle with the monkey in that second Ace Ventura movie. Perhaps you saw Oprah, Eckhart Tolle, Louise Hay, Deepak Chopra, Dr. Oz, or Wayne Dyer espousing the benefits of meditation on television, or you read about it in one of their books. Or maybe you experienced some calm as you relaxed on your mat at the end of a yoga class. But for some reason you thought meditation was kooky or just not for you. The Power of No Thought For thousands of years, people have used various techniques to bring the mind from its current level of activity to a quieter state of being. You have already experienced the phenomena of present-moment witnessing awareness many times throughout your life, but perhaps you didn’t even realize it. That moment on a roller coaster when you were screaming at the top of your lungs — you were neither in the past nor the future. Maybe you were playing sports and every move you made was the perfect one. These are the times in our life when we are fully present. They are rare because most times we are in memories of the past or fantasies of the future. According to UCLA’s Laboratory of Neuro Imaging, most of us are revving at 60,000 to 80,000 thoughts per day — either projecting into the future or reaching back into the past every 1.2 seconds. Yet it is in the rare present moment when you are truly at your best — your most creative, intuitive, emotionally intelligent, and crystal clear expression of yourself. When you have a consistent daily meditation practice, instead of only having sporadic tastes of present-moment awareness, you begin to experience it more and more in your everyday life. As you meditate regularly, a physiological shift occurs that grows deeper, stronger, and more profound with repetition — like building any muscle in your body. The stillness of present-moment awareness begins to flow throughout each thought, each conversation, each keystroke, and each breath. And when you experience no activity within you or outside of yourself, you actually open yourself to realms of expanded consciousness and such benefits as higher levels of creativity, intuition, personal growth, better hand-eye coordination, an elevated immune system, lower blood pressure, more restful sleep, and greater peace of mind. The Practice So let’s try it right now. Pay attention to your thoughts. You may be making lists, thinking about a conversation, ruminating on your schedule, projecting into the future, thinking about this article, or conjuring up a memory. Try observing your thoughts for a few moments. For a count of four, take a long slow breath in. Feel it move in through your nostrils, into your throat, into your chest, and down into your belly. Now hold it there to the count of four. Now, to the count of four, gently release the breath and follow it back up into your chest back into your throat now out through your nostrils. And now... to the count of four, hold it. Now breathe normally. That was 16 seconds of four-part breathing. And in in those few moments you were fully present, not thinking about the past or the future, right here, right now. If you played along and truly witnessed your breath for this quarter of a minute, you didn’t drift into thought. You didn’t fantasize about the future. You didn’t dredge up old baggage. You were in the now — the sacred present moment. You just meditated and maybe you didn’t even realize it! Imagine if you could have this experience throughout your day, every day. And instead of feeling stress or anxiety, you had the sense of relaxation you might have right now. Yes things will still happen outside of you, as they always do. But you can be the stillness inside that storm. The calm amidst the chaos. You can live in the now between the past and the future where you can respond rather than react; where you can have clarity instead of overwhelm; where you think, speak, and act from an unconditioned space of stillness and purity rather than one where you’re clouded by all the activity swirling outside of you. If you can start your day with a few minutes of stillness, then you will begin to craft each subsequent moment from that seed. In fact, if you can take a few minutes and meditate before you engage in the big presentation, the important meeting, the difficult conversation, then they will all carry the peace, clarity, poise, creativity, and intuition that lies at your very core. And it all starts with that first breath. Creating the Ritual Try spending a few minutes each day following your breath in the four-part method we just experienced. Do this every day for 21 days for however long is comfortable, whether it be two minutes, five minutes, 10 minutes, 15 minutes or, ideally, half an hour. The longer the better. If you like what you see in yourself, then keep it going. You may not levitate, or see God, or have an Einstein-level epiphany, but bit by bit, moment by moment, day by day, you will feel a little more relaxed when the storm is brewing outside of you. In time, you will become the calm amidst the chaos — the eye of the storm! And then you will notice that you are less reactive, less frustrated, that life is unfolding with greater grace and ease... you’ll start making better decisions, seeing with greater clarity, and finding more fulfillment in each day. So don’t be a crisis mediator! We all have a few minutes every day to connect to the stillness and silence that rests within. And when we can slow ourselves down, our mind quiets. And in this space of quietude, you will hear the true whispers of your heart. And if you can experience present moment awareness everyday, your life will continue to blossom and bloom. For what looks like a big old lump of putty, the human brain is a truly incredible thing. Think of it as the body’s Mission Control Center. Find out how much of a brainiac you are with our quiz. By Alla Hoyt You could call dopamine the most misunderstood neurochemical in the brain. It’s allegedly the cause of people getting addicted to drugs, chocolate or video games. But what does really dopamine do? By Patrick J. Kiger When you refinance your mortgage, you’re basically starting all over again with the mortgage process. Your new mortgage pays off what’s left of your old one, and you start making payments all over again on the new one. It’s often advertised as a good thing, and while it can be for some homeowners, it can be a terrible move for many others. It all comes down to why you’re refinancing and your own unique situation. Here are some reasons why you should — and shouldn’t — do it and what to keep in mind if you do: There are probably more reasons not to refinance than there are to do it. Consolidating debt, for example, is a bad idea, especially if you have recurring problems with debt. Never put your home on the line for something like a credit card. If you’ve been offered the opportunity to refinance at no cost, don’t fall for it. The fees involved with securing a mortgage and refinancing will show up somewhere, they may just be hidden. If you’re planning to move in the next couple of years, your credit score is low or you can’t afford closing costs, refinancing is a bad idea. And, last but not least, never refinance for something like a nice new car, a trip overseas or a whim to start a business. Look for other ways to fund these endeavors. Now that you know when not to refinance, it’s time to look at some reasons why it may actually be a good idea for some people. A lower interest rate is one of the top reasons to consider the move. Lenders say that if you can decrease your interest rate by at least one percent, think about refinancing. If you can decrease your interest rate by two percent or more, definitely refinance. You’ll build equity in your home this way and lower your monthly payments. If you invest or save the difference, it can be a big win for your financial future. If you aren’t concerned with your monthly payments, you may try to secure a shorter-term loan instead. When you first got your mortgage, your credit wasn’t that great, but you’ve worked hard to repair it over the past few years, and your score has gone up quite a bit. In many cases, the higher your score, the lower your interest rates, so it may be worth revisiting your mortgage to see if refinancing makes sense. This is one of many reasons why it’s important to stay on top of your credit score. Many experts suggest checking it at least once a year if not more frequently. Just make sure you’re making a soft inquiry when you check on your score. Inquiring about it in order to secure more credit or debt can actually lower your score. Many experts say that you shouldn’t refinance to secure a lower monthly payment, but if you can’t afford your mortgage as if, you may feel like you have no other choice. And this doesn’t mean lowering your monthly payments by securing a lower interest rate. In this case, you do it by adding years to your mortgage so that it takes longer to pay it off. It also means you’ll pay more interest, so it’s actually costing you more money in the long run. If you plan to stay in your current home for a long time, and you do have an extreme circumstance, such as a medical condition that leaves you or your spouse unable to work, refinancing isn’t the best option, but it can make life a little easier. While these are some of the most common reasons why homeowners choose to refinance, there are a few others that you may consider. They include: Converting an adjustable rate mortgage to a fixed rate mortgage through refinancing makes sense when interest rates are on the rise. When your home value increases, you can refinance and receive the difference if you opt for a cash-out refinance. As long as you save or invest the money wisely, this makes sense in some circumstances. When you want to shorten your loan’s term and you’re still able to make your monthly payment, you may opt to refinance if you can get a lower interest rate. Check the drive sprocket to make sure it is not worn. Replace it if it displays wear. Sharpen the chain and replace it if it shows damage as well. The chain’s tension should be checked too. Tighten it if the chain is too loose, as well any other loose parts, such as nuts, bolts, or screws. If you need to sharpen the chain, refer to the owner’s manual for directions. You will also need to find out what size file to use on the chain. Check for damage to the starter and the cord. If either the starter or cord is damaged, take in the saw to a service center. Check the emergency stop switch for proper operation. The saw’s engine should shut off instantly. be spiritually minded sermon. be spiritually minded bible verse. be spiritually minded verses. be spiritually minded for life and peace. to be spiritually minded is life kjv. to be spiritually minded is life eternal. to be spiritually minded kjv. how to be spiritually minded pdf

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