

Title:

How Can your Attention be Utilized as Your Energy?

Word Count:

2405

Summary:

Is your life precisely what you wish it to be? If not, no matter the reason, you can still learn

Keywords:

attention,energy,self-confidence,control,life,stability,uncertainty,happiness,awareness,consciousness

Article Body:

Open your horizons. Find quality in small things, not the big ones. A more spiritual orientation is needed.

Can you control your attention? **The ability to control your attention, to control where you**

Is your attention being controlled by external events when everything disturbs you, when the sun

Individuals with easily dispersed attention often seem to act neurotically. They could be said to

An inability to control one's attention may be regarded as "just another symptom," and consequently

Perhaps, you keep playing the same record in your private chatterbox you call your brains, discarding

Of course, you could be one of those who lack self-confidence, which is the result of being too

Self-confidence is the ability to not focus upon yourself, the ability to give others your

How to love would be a relevant question here. The first thing in learning to love is to be non-

Being self-centered is often the result of a fear of criticism, of what-will-others-think-of-me

Be the actor, not the act. When your whole world is you and only you, it is a small world and

As long as your attention is on yourself instead of the joy of doing and acting, you draw criticism

This constant preoccupation with one's self prevents one from having experiences, real, enriching

You may be unhappy because you don't have: you don't have money, you don't have youth, you don't

About 99% of humans fear uncertainty and lack of stability. However, when you look at the lack of

Stability is due to control. Life is one big uncertainty, which you cannot control. What you

Happiness could be a few blocks down the road, once you can control your attention and when you

When you are familiar with the techniques of controlling your attention, you can become a virtuoso

Controlling the wanderings of one's attention is controlling awareness, which is the access to

© Clara Szalai

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>

