

Title:

Tuning Out The "Radio Voice"

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948

Summary:

It would be impossible to list all of the things people have considered crucial to success in

In July of 2005, I went back to Longview, Washington, where I'd lived for nine years, raising

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Article Body:

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Tim was (and is) one of the best men I've ever known. A husband, a father, an engineer, a Mari

1) Well defined WRITTEN goals.

2) The ability to take action despite the ^Radio Voice~ in your head.

And I was stunned. Never have I heard anyone, anywhere, state the secret to success more clear

Why are these so important, and what EXACTLY does it mean?

We all understand goal-setting, and most of us are aware that writing our goals down increases

But what is the Radio Voice? It is the voice in your mind that doubts you, that questions, tha

Don't believe you have one? Just sit quietly for two minutes and listen. Go ahead, use a kitch

Did you hear that voice saying ^what voice? I don't hear a voice!~

That's the voice.

It is imperative to become aware of it, aware of its power, aware that it lies. Aware that the

No. You are not the voice. YOU are the one LISTENING to the voice. And this is so important to

All over the world, there are literally thousands of meditation techniques designed to ^turn o

Whatever you do, whatever you desire in life, you MUST find a way to either quiet or ignore th

One of the most powerful ways to turn the voices off is physical flow. This is the state reach

In meditation, you can observe a candle flame, the smell of incense, or even your own breathin

This mental/physical practice is directly applicable to any other activity in your life. To la

Thank you, Tim, for reminding me of that lesson.

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