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EMPOWERMENT



Sustainability From Within Archives Available

**October 20th 2015: Learning to observe your
thoughts - a powerful tool**

We've been talking about Sustainability as the ability to connect with a larger-than-us source, an informational net, so to speak, and be guided by the wisdom that flows from there, be on service. We also have talked about meditation and how meditation can be the door for us to find that place within. However, we all know that sit in meditation can be quite challenging and the main challenge is our thought. The mind seems not to stop producing thoughts... So, in today's episode we will learn how to control out thoughts. Not in a rigid and suppressing way, but in a relaxed and soft way. W

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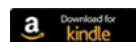
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