Focus For Life

Whatever you dwell upon in your mind, you give power to. So of course it makes sense to focus on what you want rather than what you don't want. Yet there are many ways in which the things you don't want can sneak into your thinking.

Worry and doubt focus your thinking on what you don't want. Rather than worrying about the bad things that might happen, direct your actions toward making positive things happen.

Complaining can also get your mind sidetracked into thinking about what you don't want. What do you complain about? The things you don't like. Rather than complaining, take action. Action moves you toward what you do want.

Anger is one more way to get your thinking negatively directed. Rather than getting angry about what you don't like, use that energy to give you determination for what you want to achieve.

Keep your mind positively focused on the good things that life can offer. Those things will grow stronger and more abundant in your world.

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An Obstacle In Your Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock.

Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way. Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.

After the peasant picked up his load of vegetables, he noticed a purse laying in the road where the boulder had been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand.

Every obstacle presents an opportunity to improve our condition.

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