

Mind Set



As I move through, coming back to everyday life,
I remind myself of who I am.

I remind myself of the lessons I learn every day.
By being. By sitting still.
By listening to my soul.

I remind myself,
I wasn't born to run a rat race.
My purpose here is not only consuming
and producing to consume more.
I am not here to slave for goods.

As I move through life, I remind myself,
that doing is only there to complete the being.

My mind is a blue sky
and no cloud can ever change that.

I remind myself.
I am Peace. I am Wisdom. I am Love.
I am Life.

Floating easy



Mind gets fuzzy when we are constantly distracted.
Let your mind rest.

Sit still and breathe deep.
Whatever it is that distracts you,
Let it go. Breathe.
It does wonders.

When the mind is calm, life unfolds with all its
beauty.
You see that you can, if you want to, live it fully
and happily.
Whatever it is that stops you, you can let it go.
You have the permission.
Let go.

Live your life like you love it.
May you be surprised by how easily it becomes a
habit.
Allow yourself to be
and love your life as it is.
Let it flow, easy.

Being in the moment



To be fully aware
means to know how to let your mind go.
Breathe. Relax. Let go.

Nothing exceeds the strength of a relaxed mind.

Sit still, and let your mind go.
That is where wisdom is.

Whenever you find yourself lost in thought,
bring yourself, gently,
back to the present moment.
Breathe.
Relax.
Let go.

Happiness is just that



Happiness is just that

A feeling of joy
For no reason
Joy for life itself

Knowing deep inside
That all is well

Trusting
All is as it should be

Besides any circumstance
It is all ok

It is there even when you feel sad
It is in fact what guides you through

Happiness is just that
Your Faith
Your Love
You

Know Thyself



Observe.

Learn.

Evolve.

A moment comes,
when you know you are exactly at the right place.

A moment in life,
when you feel at home.

A moment, when you know exactly who you are.

Remember those.

Learn to be grateful for every moment,
every experience,
“good” and “bad”.

Knowing yourself,
is about loving yourself whole.

Trust



To trust
is
to let go
of any doubt

Let go
of any thought

It is
To breathe
To listen
Tune in

To trust
is to open up
To trust
is to have fun