

ENLIGHTENMENT

When the soul is at peace, there is harmony in the heart.
When there is harmony in the heart, there is harmony in the home.
When there is harmony in the home, peace will flow to the many parts of our life and beyond.

Being off-balance is the basis of all mental tension.
If constant anguish and mental tension becomes too much, people go mad.

Most people have learned to temper their lives in such a way that they experience only small degrees of anything. They have learned to control their emotions, and therefore they never really experience life fully. If you are always cutting short the experience of emotions, you do not know yourself either.

Today I watch a mother with her three year old child. The child was expressing frustration and the mother was ignoring. *I sometimes did that when I was a young mother too.* Finally the child screamed at her mother and asked to go home to bed. The mother looked at her watch and gasped at the time of day and with an apology to the child, quickly prepared to leave for home. The mother's final words were, I guess I need to learn to read her better!

How well do you know, read or understand your own self and emotions? Many people live between two extremes of life, tension and anxiety and the absolute centre of wisdom and harmony which some people call the 'divine'. Have you ever noticed creative people, artists, painters, poets? Many of these people move like liquid between two changing worlds, that's why many artists feel they have no identity. They feel that they are outsiders. In the world of normality many feel they don't belong because their life experience is the two extremes.

For so much of my life I felt I was an outsider. Not anymore! Through meditation I learnt to touch the centre of my being, my place of harmony and wisdom and in this moment we are no different to the great masters who've walked this earth. For most though, the difference between the great masters and the now is that the self pride ego part of us says 'look how good I am' and in that moment we lose the place of unity.

The empowered person naturally centers their self, even in the face of adversity.
To find your centeredness, begin with meditation

MEDITATION

Meditation goes back many thousands of years, no one really knows how far, allowing connection to nature and the laws of nature and our reunion with our spiritual essence. History and research, supports the practice of meditation. Unlike appeal of prayer which makes requests with the hope of a miracle, the practice of meditation has no instant expectation. The practice of meditation empowers people with the ability to naturally center their self. That centeredness brings an inner harmony that no other discipline provides.

Our simple meditation, switches off the inner chatter, thoughts of negativity and fear of failure. You find you are thinking creatively, begin to relate and reason with others, also analyze and plan. You will gain a better understanding of yourself, reduce your stress levels and create better balance and harmony between the thinking and emotional sides of your brain.

Begin with a few minutes each morning. Listen to the early morning sounds of the day. Breathe deep and slow and allow only the sounds of the day to enter your awareness. I'll give you the next step in our next article.

Sylvia Marina is a qualified and experienced teacher and intuitive earth mother. Her natural abilities are supported by her professional background in health and behavioural sciences and twenty five year career as a professional kinesiology teacher and practitioner. Living in Perth, West Australia she runs her own private practice and mentor program and travels locally and internationally to speak at events, present Creative Self Mastery programs empowering people through times of change.

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