What we think throughout the day determines what our day will be like. Behind our thoughts are our emotions and behind those at the activity we have created during the journey of life. The quality of our thoughts and the vibrations they create have an impact on our state of mind, physical health, relationships and the success of our tasks.

Our work is not just a destination to be reached at some point in time. It is part of our life, our oneness with God. We need to learn in new ways, new forms of thinking and remain stable regardless of the outcome of our efforts. How do we do what we are doing, what we are doing? When we do our work right at the right time, practice means maintaining stability. Not to blow things down, but to see any success, maybe I am wrong, and you are right—that is humility. To say no more humility than you think you can be truthful to your truth and humility. Expressing humility in our way you interact with people. This inner humility allows us to develop inner diversity to emerge.

When we are caught up in a dilemma, we tend to do one of three things: we identify and stew over it or we jump into action. Without thinking about all or, we drown in unbelief. What we need to do is to focus on the activity of our mind, on the potential, large or small, of any action we may do. Even if you only have a little bit of knowledge that is enormous—people will have, and the ego does not allow us to reveal the truth.

If there is a truth, how can I learn, how can I learn about this: If someone has the intention to learn, what is the tone of voice does she adopt? And if someone who is learn, what is his tone of voice like? When the listener is stubborn, and we try to prove ourselves, right, we are not able to reveal the truth. The ego and truth are opposites—the truth is visible through the humility we have, and the ego does not allow us to reveal the truth.

When we have the right attitude to life, we can do anything. The quality of our thoughts and the vibrations they create have an impact on our state of mind, physical health, relationships and the success of our tasks.

One of the aims of a spiritual journey is to de-clutter the mind. The essence of a yogic life is the transformation of the mind from mindless to mindful, the mind from one-sided friends—all living together. Our life is as we think it is. A mind made to be as free as a bird, or, to use another analogy, like a plane. We need not want our plane to crash or to lose it or fly on cloud level. A plane is made to fly. The mind is meant to fly, but not get caught up in a web of entanglement with the minds of others. We use expressions like the mind being blocked or paralyzed, contaminated or poisoned with hate—a lot on my mind. If I focus on me, I am of no existence to my mind. I am able to fly.

The mind thinks and feels and is constantly active, cannot stop thinking for anything or very long. I can think only under special circumstances. The mind creates thoughts at different speeds, to a greater or lesser degree. It has the ability to focus, or to drift, in many directions.

"The mind is meant to fly and not get caught up in a web of entanglement with the minds of others."