

## **CALM THE MIND, STOP EXCESSIVE THINKING.**

*Created and written by Sylvia Marina ©*

The way to calm your brain and stop excessive or unnecessary thinking is similar to how to clear a muddy pool. Not by action, by doing or by stirring it up, but by stillness, by letting it be, and by letting it settle itself.

Too many ideas from the past have sought to educate us into thinking that unless we set the filters of our mind really high, 'unscrupulous others' will program it with bondage for you. This desperation thinking is just nervous harassment which snuffs out your natural radiance.

The most challenging part of your life is not your neighbourhood, bad weather or an uncertain future, it's your mind.

As we approach another new beginning, let it not be a repeat of a negative past, the disabling things/relationships we attach to, are those which also enslave us!

Within each of us is an amazing power to transform any challenge or difficulty into gifts beyond our imagination.

It is in quietness, when the two sides of the brain learn to function as one, then our experience of reality is different.

When you learn how to tap into the limitless part of you, stress melts away, your creative energy flows and you connect to your energetic spiritual heart energy, (*I am not referring to the physical heart here, that has its human limitations*) it is then you will fully connect to your life and purpose. You will feel and know the deep sense of inner peace and connection. And you will truly know the light of love, the radiance of being present, in the present.

Inner happiness, freedom, joy and comfort are not privileges, they are your RIGHTS!

Connected to your energetic spiritual heart wisdom gives you an intuitive advantage to your every future choice.

Wishing you connectedness, love and wisdom!

*Desperation snuffs out the light.*

*Gratitude and Contentment sends up the brightest flares of attraction.*



© **Sylvia Marina** is a Spiritual Educator and Professional Intuitive. She specialises in helping people heal their body, emotional struggles, blocks, and fears. She has developed a series of programs to enhance Intuitive Awareness. An experienced teacher and personal development mentor, her natural abilities are supported by her professional background in health and behavioural sciences and thirty 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 nationally and internationally to speak at events, presents 'life change' programs enabling people to empower and transform their lives.

Tel: +618 (08) 9457 3763 | E: [info@sylviamarina.com](mailto:info@sylviamarina.com) | [www.sylviamarina.com](http://www.sylviamarina.com)

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