

Untitled Document

“Thorn in my side”

What would you say if I told you that most people allow the weakest part of themselves to run their life?

Let me borrow the analogy that Michael Singer uses in his book, ‘The untethered soul’. Imagine the

To solve the problem, you have two choices: You can make sure nothing touches the thorn or you can

Your solution works so well that you think you’ve solved your problem. You’re so excited that you t

At this stage you’ve built a whole life around the thorn and you’re extremely proud of it. But then yo

But your new device is too heavy to drag along, so you add wheels, control it with hydraulics and install

You say to everyone: “I have solved my problem. I am a free being. I can go anywhere I want to. I

You might be avoiding pain, but the truth is that the thorn is now truly controlling every aspect of yo

Michael writes that most people’s instinctive reaction is to solve their problems by protecting thems

Your mind will always be telling you that you have to change something outside to solve your inner

According to Michael the so-called problems in life help you in exactly the same way that an ache

How do you get it out? Michael says you have to calm down and let go of your fears. Letting go of

He says that if you are resisting something, you are feeding it. Any energy you fight, you are feeding

According to Michael you will only find a way out when you become more interested in being aware

And, girlfriend, who knows what you might be up to in a freaked-out condition? Chances are you're

You're going to allow the weakest part of yourself to run your life.