

Untitled Document

“Don’t think; feel. It’s like a finger pointing away to the moon. Don’t concentrate on the finger or you will

Actually Bruce Lee said that! No, girlfriend, I’m not a closet fan. It’s an old Zen saying. Dajian Hui-N

In modern parlance, Christy Whitman, author of ‘The Art of Having It All’, describes the think-versus

She says it’s not holding the image of the things we want in our minds that causes an outcome. It i

That is why you have to give more attention to the way you will feel when you reach your goal. Say

Say the feeling that underlies your desire is to feel loved, sexy, safe or free, then identify three thin

Christy says that everything in your life, whether you’re happy with it or not, is there in response to

Although you may not be consciously aware of it, you have distinct set points that determine how n

In fact, Christy says that you have a different set point for each area in your life – your relationship

Let’s take finances as an example – say you set yourself a goal of increasing your income to a cer

So, your income starts falling until it reaches a level you’re comfortable with. And because you’re c

This seesaw can continue your entire life if you don't realise that you have to reset your Allowing M

To discover the inner feelings driving your desire for external things, you need to ask: Why do I wa

Achieving a material outcome should not be your primary intention. In Martha Beck-speak it is sort of li

So, don't think. Feel. Gaze beyond the finger. We're going for the moon here, girlfriend.