

Experiencing Using the Right Key to Unlock the Attitude to Preserve Openness of Heart and Calmness of Mind

At the end of each day, take a few minutes to review the attitudes that you used freely.

Was there a situation where you applied the incorrect “key” and it did not unlock a feeling of peace?

Yet, perhaps in another situation, the correct key opened to an unexpected feeling of calmness.

In a journal, write down the lessons as you experienced them.

Reinforce the attitudes that you would like to incorporate into your life and alter the ones that no longer fit who you want to be.

Continue for several weeks and then appreciate how you have blossomed.

- The Secret Power of Yoga, Nischala Joy Devi