

POWER OF MIND

Life battle does not always
Go to a stronger man.
In the end the man who wins
Is the man who thinks he can?

Most of the miracles in the History were performed by ordinary people like you and me. If there is anything called magic, it is there?

Yes, I'm talking about the power of our mind and the power of ambition.

Do you know that 95% of the world's wealth is owned by just 5 % of its people?

The success of these people has got nothing to do with money or background. This is only because whatever they believe, they achieve they could reach there only because they have exercised their freedom of choice.

Yes! They are there by choice! There are people who know early in their lives that they would become successful one day.

It was the choice they made. Bill Gates of Microsoft had identified his goal at the very early age of his life.

We all possess the most powerful a positive machine in the world i.e the mind.

Our mind has two components. Conscious and Subconscious. The conscious mind is responsible for we see here or experience, but it plays a very small role in realizing our dreams. It is subconscious mind that work miracles. You can see your subconscious mind to achieve anything impossible.

It is through imagination or the power of visualization. Visualisation is a process which helps you to aim at and achieve whatever you want. So visualize your goal, as a target, then focus on it and hit the target. Arnold won the title of Mr. Universe seven times in addition to his workout routine, he would frequently go into the corner of the gym and visualize himself winning the title again.

Micheal Phelps, the swimmer, had a dream get highest gold medals in Olympiad and he did it.

So keep your goal in front of your eyes. Practice seeing yourself as achieving that goal and you will achieve it and think positive.

Imagine beyond your limits. Dream as much as you can, talk to yourself constantly that is what is going to change your life because you have an inbuilt system in your mind, since birth. Any idea or thought that comes to your mind will give you the choice to utilize it or reject it. That is the power of human mind.

Every night before you go to sleep, you must stock your ambitions. Find out what you have done towards accomplishing your dream. You will see, a progressive change in your thinking.

So, let us live life to the fullest and give it our best and the bliss would be ours, so

Keep your dreams
Magnify your dreams
Act upon your dream
Make your dream reality

Archana Kashyap
PGT(Commerce)
OP Jindal Modern School
Hisar (Haryana) India