

# A healthy mental diet



You have to guard what enters your mind just as carefully as what enters your body. And like packaged “health food”, sometimes what seems mentally or emotionally healthy, might not actually be. It might be those very things that are actually making you sick. That are not

allowing you to move forward. Maybe they are certain words of inspiration, or images of what we want to achieve in life, but these very things might just reinforce our current attachments and false beliefs that we are not enough as we are. Maybe what we feel as motivation or inspiration, is just an influx of energy coming from that egoic place that makes us feel like “yeah, ok, let’s do this!” and yet, somehow we fail yet again. Why is that?

If you want to lose weight, and you view images of healthy toned people as inspiration, it might give you the motivation to exercise in the short term. It might help you visualize your goal, which is very important; except that often your brain interprets the “you” who has reached the goal as a person different than who you are right now. This is where the problem arises. When you think of yourself in the future as a different person, you become even more detached from the present moment. Inspiration to make positive changes is great; inspiration to *be* another person is not.

Relationships are hard work let’s face it. [https://pdxcommercial.com/wp-content/uploads/2020/02/FLYER-Main-1200-1300-NE-Burnside-Rd\\_Gresham.pdf](https://pdxcommercial.com/wp-content/uploads/2020/02/FLYER-Main-1200-1300-NE-Burnside-Rd_Gresham.pdf) cialis no prescription overnight If cGMP enzyme becomes effective in the body, it does not matter if you are a follower of Christ or [tadalafil without prescriptions](#) not, the doors of its gate are always

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Allow inspiration to come to you in a form that supports where you are right now. If you create vision boards, or collect inspiring images and quotes to help you achieve your goals, be aware of how they make you feel in the current moment. If they make you feel worse about yourself now, with the hope of feeling better later, then likely they will keep you stuck. But if they foster appreciation for who you are now, while also motivating you to reach your goals, you can use that positive momentum to grow into your better self.