

## The Beginner's Mind

In the Zen tradition they talk about how in order to attain enlightenment, we must adopt the ***beginner's mind***.

Very few people know what this truly means, and it has been turned into philosophical nonsense and this stuff is erroneous and limiting to true seekers.

To have a beginner's mind is to have the mind wide open to learning and to be fully attentive, present and focused - like a tiger on the prowl.

It means that we shut off our thinking mind and the automatic tendency of holding on to our opinions, our judgments and automatically assumed attitudes and experience something as if it were absolutely new to us!

The wise know that there is always a deeper lesson to be learned in every experience. When we are fully present everything is new and fresh!

When we approach life from this clear mind we are open for much quicker learning and insight. We feel into things intuitively and open up to a simple, yet profound understanding of things - which is our innate wisdom.

This is the way to open up to living a joyful life where success comes naturally. If you have your full attention in whatever you undertake, wouldn't you be much more productive and effective?

Everything from having a conversation, doing the daily activities of our work, to making love is more powerful and fulfilling when we have our full attention in the experience.

The intellect thinks it already knows how things are - this is what kills off the joy and fulfillment of life. It freezes life into bits and pieces of past time events - into assumptions and old ideas.

People who develop the ***beginner's mind*** as their normal day to day space, live fully in the present moment and operate much more successfully in life as they are fully focused with all of their resources present in each moment.

This is beyond all ideas and concepts. It is not something that you get by ***thinking*** you know about it or by reading about it or hearing about it. It is a skill that must be cultivated and developed and by doing so - life begins to flow and successfully unfold in a serendipitous manner.

*There are little known ways to rapidly accelerate developing these abilities ...*

***The Self Discovery Life Mastery Process is the most direct, Evolutionary and Revolutionary Strategy – currently available – to rapidly accelerate Self and Life Mastery!***