Guiding your mind to a higher degree is not always easy to do
But if you try to, the POWER's inside you
If you can command it then nothing can stand in Your way.

The Force Within

Stop Trying to Silence

rhonda ross

TODAY'S DATE: _____

Note the moments, as you go about your day, where you are able to listen for the silence. Within all the sounds, the conversations, the music, even the television, spare a few moments to try to find the gaps where just for a fraction of a second there is "nothing". The nothing between the something. The unmanifested. Where all the answers reside.

Celebrate Each Step!