

Use the Force

Identify your core desires.



by Jack Zufelt

WHAT IS YOUR HEART SET on—what do you want to be, have, or do most? This is your core desire. When you focus on your core desire, you achieve more results easier. When you are working on a core desire, you enjoy yourself more and endure longer. You learn and do the things needed to get what you want, even if it involves risk. So, focus your time and energies on the things that you really, truly want. When you want something badly enough, you will do whatever it takes for as long as it takes to get it. You will find the secret of peak achievement, balance, and happiness in life. Astonishing sources of energy become available when you pursue your core desires.

Knowing your Core Desires and the intensity of your “Heartset” gives you a great advantage in your quest for success. There is an incredible energy and power within each of us just waiting to be unleashed by our Core Desires. I call it the *Conquering Force*—your innate ability to act effectively to get what you seek by overcoming all obstacles and resistance in your way.

When you tap into your conquering force, you feel alert, alive, excited about your life, and feel that you’re in charge of what you’re doing. You enjoy the path, the journey, you are on. You find a way to do what needs doing and get desired results. You’ll go out and make things happen for yourself. Your indomitable spirit comes from your Conquering Force. You’ll have a feeling of well-being and a sense of accomplishment. You’ll be happy, even through the tough times. As you accomplish what you set out to do, you will be surrounded by both tangible and intangible evidence that you have unleashed your Conquering Force to achieve your Core Desires.

Related Forces

Once you have discovered your Core Desires, other forces come into play. Some are *forces of the heart*: enthusiasm, excitement, passion, happiness, joy, fun, and play. Some are *forces of the mind*: creativity, innovative thinking, focus, and concentration. Some are *forces of the will*: drive, determination,

commitment, dedication, discipline, consistency, stamina, persistence, and endurance. And others are *forces of resources*: talents, gifts, abilities, and wisdom in your use of resources.

These forces are all closely related. Working together, these forces become synergistic and dynamic. Once you identify something you want badly enough, your mind becomes more creative. You become enthused, focused, committed, disciplined, dedicated, and you make better use of your talents and other resources.

Tragically, most people don’t know how to employ these forces. Through my own experience—and the experiences of countless others who overcame seemingly insurmountable problems—I

know the ability to learn and perform is greatly enhanced when Core Desires trigger the Conquering Force.

When the Conquering Force is engaged at a very low level, you may never even get out of bed. If you engage the Conquering Force at a moderate level, you will do your duties—the assigned tasks, shopping, and other items on your routine to-do list, if these are things you have to do. But when you engage the Conquering Forces of your heart, mind, and will at high levels, you will tap into amazing energy, passion, and power. PE

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ACTION: Determine your desires.

The Power of Meditation

Experience inner peace.



by Vasanthi Bhat

MEDITATION, THE FLOW OF thought or awareness on one subject, is an integral part of Hatha yoga. It is a practice of mindfulness. It is taking time out to relax within to be a better person.

Meditation improves concentration, increases energy and productivity, helps heal physical ailments, and expands spirituality. Meditation helps us understand ourselves as well as others. Meditation enables you to take care of the daily disturbances quietly and peacefully.

The ultimate goal of meditation is to experience the divine nature or power within, which everyone has. As Swami Vivekananda said: “Every soul is potentially divine.” Mahatma Gandhi said: “The body is the temple of the soul.” Swami Sivananda said: “You are a moving temple of God. What you do is an offering to God. Mistakes should help you to grow and progress, not to feel guilty and suffer.” You can always be conscious of what you do and take a few moments to correct yourself and feel better in the process.

There are many ways you can practice meditation. Meditation can be practiced in your favorite *asanas*, in a comfortable sitting position, in a chair, while taking a

walk, or any time.

Practicing meditation in the *asanas* helps the *chakras* (energy centers or spiritual centers) to relax. In return, we start thinking positively and spiritually, as we experience peace within. We naturally think more powerfully and spiritually.

Counting breath meditation helps improve concentration. Deep breathing and alternate nostril breathing meditation increase and balance the energy. They are highly beneficial to balance and strengthen the emotions. They also prevent and heal hypertension, allergies, asthma, heart ailments, nervousness, and anxiety. They are great methods for strengthening the immune system. Vipasana meditation and Mantra chanting meditation helps purify emotions and expand spirituality.

Simple breath meditation is the simplest form of meditation and can be practiced often. It is the base for all other forms of meditation. Just sit in a comfortable position. Close your eyes. Feel your breath flow in and out. When you analyze an issue with an open mind, you tend to get suitable answers to your concerned thoughts.

You can also practice meditation to improve concentration, to relieve anxiety, control anger, to appreciate what you have, and to be grateful to God for his guidance. Meditation makes you feel wonderful within and see the wonder in others. It is to respect your soul and others as well. PE

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ACTION: Meditate for mental health.