

Plant the seed of desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment.

Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

Patience is not sitting and waiting, it is foreseeing.  
It is looking at the thorn and seeing the rose...

Continuing the pursuit of being more healthy physically, emotionally, spiritually and relationally.

## Perseverance Produces Results

Like

Comment

"In the rise of mental illness, addiction and violence it is so "fascinating" (w/c) that at the root of all those, what makes things worse is: feeling alone."

Yes Lauren, we are created TO BE relational beings, yet how are we to relate to mental illness, addiction and violence? "Grace"? a: favor, charm, thanks, f. gratus - pleasure; grateful; akin to Skt. grānti he praises] b: unmerited divine assistance given humans for their regeneration or sanctification b: a virtue coming from God c: a state of sanctification enjoyed through divine grace. Syn. MERCY.

Yes Lauren, Gods grace absolutely UNDERSTANDS the human condition is MISSED-educated to believe (rely upon, trust in, cling to) ever changing arbitrariness. This make-believe society heralded by and for a degenerate democracy producing mental illness, addiction and violence, is not conducive to good health. In fact, a degenerate democracy produces a SAD EFFECT with its contagion - of aberrations.

Yes Lauren: May you bravely pursue the opportunity in this present moment to take a deep breath and dive deep into the wonder of grace - to help you discover what's best to make things go right. That is the Supreme Test. Your resolve to being more healthy; physically - emotionally - spiritually, will certainly help you To BE representing the change you'd like to see in the world - relationally. Radiate your Beauty and Ability. People in their make-believe world are prone to emulate what they admire. BE what people can admire. "Graciousness" is the beauty others can admire - and emulate.

Noblesse Oblige.  
Be blessed.