Twitter Thread by ■ Sol Brah ■■



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@SolBrah

Are you going to let external circumstances dictate how your life plays out?

OR ARE YOU GONNA GRAB LIFE BY THE THROAT AND CLAIM WHAT IS YOURS?

Fuck ANY excuse you tell yourself.

Every time that little voice pops up - just drown it out; no matter what it says it's just bullshit bullshit bullshit

Any excuse is Cope,
ANYTHING is possible

Just do what has to be done

If I can convince ONE PERSON to delete the negative mental programming that is SO PERVASIVE in our society, then I have done my job

If you can then pass on this awareness to others, then we can change the world

Fear is the tool that they use to keep you under control

Eliminate the fear, you eliminate the mechanism through which you are kept weak, sick, depressed and compliant

No longer are you scared to take a risk

I liken awareness to the crumbling of a sand tower

When the first grain falls?
all else will come down with it eventually, it just takes time.

The waves of realisation will hit the egoic construction of lower level thought - allowing you to pursue anything

All it takes is one thought or experience that breaks the glass that was separating you from your true potential

maybe you realised you were doing something wrong
or saw that one of your problems was self-inflicted

something that, through pain or discomfort was brought to the forefront of your mind,

we can only accept and tolerate bad mental circumstances for a while - the lies we tell ourselves only last for a certain period of time

The beautiful thing about the truth is that it will come to light eventually.

You cannot run from it or escape it, only obscure it briefly.

All our problems drift away when we stop lying to ourselves and blaming outside circumstances for our internal state.

What do we have control over?

Our actions and our thoughts.

Everything else that we say 'controls' or 'affects' us is self inflicted.

Nothing can affect or control us unless we choose to make it so.

NO grave insult, no words said in anger can stir us unless WE CHOOSE SO.

Knowing that YOU ALONE Are the master of your reality in EVERY CAPACITY is the key to living a quality life.

Ascend from the lower tier orders of thinking.

Become who you Are.


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