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Mind Like Water Keeping Your Balance In A Chaotic

Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot it becomes the teapot. Now, water can flow or it can crash. Be water my friend. I think the appeal is the calmness and peace that you are trying to achieve.

Mind Like Water : zen habits

MIND LIKE WATER. Even very important things can be on cruise control and not on your mind. If your attention is being grabbed, then there's almost an inverse relationship there. The degree to which your attention is being grabbed is the degree to which you are not free to place your attention where and how you want to.

Productive Living - Getting Things Done®

Achieving "mind like water" through Getting Things Done. I was surprised to find that the most important benefit that (David Allen's) Getting Things Done (GTD) claims to provide is an increased capacity to focus on and think creatively about our higher-level goals and values.

David Allen: Mind Like Water and Getting Things Done

Jim Ballard is mentor to millions. Now, in Mind Like Water, Ballard, as always, doesn't just show where his powerful and perceptive intellect has been, he takes you along and gives you the tools to revisit and explore on your own. Mind Like Water is a journey to places and spaces you realize you are visiting

Mind Like Water: Keeping Your Balance in a Chaotic World

"Mind Like Water invites the reader to participate in a variety of practical, accessible methods that support us in staying present in the moment, help us see things as they are, and live with equanimity amidst the unpredictability of our lives. Capturing the wisdom of great spiritual teachers, authors, and poets, Mind Like Water offers a ...

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Mind Like Water - Lance Jian

This water, the softest substance in the world, which could be contained in the smallest jar, only seemed weak. In reality, it could penetrate the hardest substance in the world. That was it! I wanted to be like the nature of water. Suddenly a bird flew by and cast its reflection on the water.

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