



VEIL *of*
CHANGE

Sharpen Your Thinking Process And Your Intuition

THROUGH THE VEIL OF HAPPINESS

Why Sharpen Your Critical Thinking Process and Your Intuition?

Critical thinking is the ability to objectively analyze an issue and arrive at a conclusion that's supported by evidence. Although critical thinking is necessary for achieving any level of success in life, this fundamental skill isn't taught in school.

Critical thinking is a skill.

Strong critical thinking skills can put you on the path to achieving everything you've ever desired. They can help you rid your mind of limiting ideas that you've accumulated throughout your life.

How many thoughts do you have rolling around in your head that came from others?

As you grew up, you absorbed the ideas of your elders. You also learned cultural norms to avoid conflict and fit in.

With the power of critical thinking, you can free your mind of any retained beliefs that no longer serve you.

Take stock of your mental inventory and dispose of ideas or beliefs that are negative or harmful.

Some of those thoughts have the potential to sabotage you.

Empower yourself by analyzing challenging issues

Critical thinking gives you the ability to identify and understand the logical connections between concepts, detect faulty reasoning, systematically solve issues, and test arguments.

Critical thinking allows you to come to conclusions about the world around you and to solve conflicts that aren't necessarily related to one another.

Remember that your imagination is capable of conjuring up any scenario, and fear has a tendency to make an event seem more likely than it really is.

Irrational fears can be hard to understand

Take stock of your fears, and get your hands on the cold, hard facts whenever possible.

For example

Are you afraid of flying? If so, it's helpful to consider that you have a 1 in 11 million chance of being involved in a plane crash.

Irrational fears are sometimes beyond a person's ability to understand them. Learn how to think critically and you'll find that life makes a lot more sense.

Your intuition can help solve stressful challenges

Along with your critical thinking is your intuition, which must be used in conjunction with all your thinking processes.

Being in touch with your intuition can help you identify and solve the challenges in your life that are causing stress. It also releases your imagination and creativity.

Your intuition is a great resource, but it's important to nurture it. Start with smaller things. When your intuition has proven it's reliable, use it to make bigger decisions.

Using intuition as a resource

Intuition is a tether to the subconscious. It's your ultimate source of wisdom and creative energy. Make life easier and richer by utilizing all of your resources.

Intuition is a tool that all of us have. Some people suggest that it's a mystical power. Others would suggest that it's our subconscious trying to tell us something.

We all have that little voice that tries to tell us things from time to time

Over time we often learn to ignore that little voice. We turn to logic and focus on being practical. But we've experienced a lot over the years, and there is some part of our brain that has accumulated a tremendous amount of wisdom. Listening to that little voice can be a very good thing.

Take the time to at least cultivate the following two practices into your daily life in order to achieve a healthy balance of critical thinking, which also incorporates your intuition.

Sharp thinking process plus intuition; ensures wisdom and logic.

Aim for a life that ensures wisdom and logic; go forward with the knowledge that you are making some really good decisions on the way.

1 Meditation

- ✓ Takes you back to your natural self. You'll be better able to deal with challenging situations when you start off at a neutral place.
- ✓ Meditation helps to build a calm spirit and focused mind, which will help you to develop patience.
- ✓ Structured meditation can take the form of a yoga or tai chi class. Get the help of professional spiritualists to help build your base of spiritual calmness.
- ✓ ***Meditation can also be achieved in your quiet space at home.***
- ✓ Take 10 minutes away from the activities around you.
- ✓ Just close your eyes, block out the noise around you, and breathe.

2 Think Before Speaking

This particular step may cause things to progress slower than is ideal. But it's surely worth it!

Taking the time to process your response before opening your mouth guarantees a soft answer. And guess what? A soft answer sets the tone for a civil discussion.

- ✓ Consider how it would feel being in the other person's shoes.
- ✓ How do you think your reactive nature affects others?
- ✓ Give that some thought each time you're about to react.
- ✓ Avoid being the reactive person in the room.
- ✓ Take the time to process your thoughts and ideas.
- ✓ That way, you may even end up with a more suitable and balanced response!

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