



VEIL *of* CHANGE

How To Develop An Open Mind

LIFTING THE VEIL OF CLARITY

An Open Mind Is A Free Mind

An Open Mind can give you the feeling of freedom, feelings of decisiveness and control in your life.

By practicing an Open Mind, you are giving others in the world opportunity to say their piece, be themselves; and you allow the opportunity of growth in your own mind.

- ✓ ***Having an Open Mind gives you the power to exercise and develop your free will.***

Your own beliefs can be challenged and new beliefs formed by taking the time to develop an open and enquiring mind.

This in turn will give you the confidence you need to be present, in the now, at all times in the world, without judgment, without biases, and without the need to prove yourself.

- ✓ ***Firstly you will need to admit that you do not know everything.***

A closed mind will perceive itself to be 'all-knowing'. A closed mind will not listen to other opinions or to the possibility of change.

Decide where you are now

- ✓ ***Is your mind sometimes open but more often than not closed?***

Being truly open-minded does take courage, for you are opening up and making yourself vulnerable. You are not only admitting that you don't know it all but you are now open to other belief systems that may be put upon you.

This vulnerability whilst exciting can also be quite terrifying, you are stepping out into unknown territory. You are committing yourself to a path of discovery, which may be challenging but also very uplifting.

- ✓ ***By having an open or enquiring mind you are making decisions concerning your own belief systems, understand that you might even *change* your mind!***

An Open Mind, will see you

- G**ROW from your new knowledge
- R**ELease your own beliefs
- A**DMIT to being honest
- D**ISCOVER different paths into unknown territory
- U**NDERSTAND cause and effect
- A**LLow all input for consideration
- T**RUTH in all observations
- E**XERCISE the strength and courage to change

If you can honestly apply all of the above then you will be a **GRADUATE** of the school of the ***Open Mind***.

I have yet to meet anyone who has fully graduated yet, including myself.

The school of the Open Mind is a continuous life journey. For inner learning never stops.

However there are a few ways you can start to open your mind right now:

- L**isten more than you talk
- E**ncourage others to be frank
- A**void snap decisions
- R**esolve internal conflict
- N**ew opportunity recognition

In order to **GRADUATE** you will need to **LEARN** to embrace the knowledge, understand that perception is different for everyone, and that you are within your rights to apply change in your life.

Open Mindedness Gives You Opportunities

As you apply open mindedness you will see new opportunities arise in your life, accepting these opportunities is your decision.

Opportunities will arise over time and some will seem right and others not quite the right fit.

It is your quest in life to discover and choose.

By completing the workbooks during this course you are giving yourself additional advantages to set you off in the right direction.



Discover more at <http://www.truelifejourney.com>