Clearing the Clutter of Your Mind

A Secret of Secrets

This is a cure you will do every night before you go to bed. It will clear your mind of the clutter of worry, anxiety, hopelessness, etc. It will clear your mind of the issues of the day, allowing you to sleep well and awaken ready to move forward with a sense of grace.

You will be more able to face the day and any problems presented. You will more easily accept the difficulties, handle them effectively and efficiently, and move on without doubt, regret, or rethinking. You will be able to “let go.”

Procedure:

Every night before you go to bed:

Think about things you have set aside in the midst of your busy daily schedule.

Think about an adventure you might like to embark upon. Think about a funny movie you love, or a poem you cherish. Write the first line of your novel. Dream up a fun trip with your grandchild.

Try to think of things you have not thought of before. Have fun. Let your curiosity and imagination roam the world.

Professor likes to visit singers in Taipei, and many of us have joined him at the shows. Worries definitely fade away in the swirl of fancy dresses, unusual patrons, and an amazing generosity of red envelopes. One’s business troubles are not present as the singing fills the venue.

As you “freshen” your mind before you sleep, you will “freshen” the following day. Feeling refreshed, you will find your day filled with productive action and mental stability.

This material reflects the teachings of H. H. Grandmaster Professor Lin Yun & Black Sect Tantric Buddhism in its Fourth Stage. Please honor the tradition of the red envelope if you benefit from, or share, this information.

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