



Turn Off The TV: Turn On Your Mind

Michele Doucette

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We are conditioned to believe that what we are looking for exists outside of ourselves. This is the belief that has served to help enslave us. Truth be told, all that is needed to unlock the power of the human mind exists within, for the mind is incredibly dynamic and needs to be both recognized and acknowledged as such. Learn deeply of the mind and its mystery for therein lies the true secret of immortality is the message put forth in The Secret in the Bible by Tony Bushby. This sixteen-worded sentence, extracted from the ancient Book of God, a mysterious old document written on fabric of an unknown nature, and highly regarded by the Ancients thousands of years ago, is what now serves to highlight the individual journey of many, this author included. It is in defining both the ego as well as the authentic self that one is able to embrace the now. Spiritual enlightenment and conscious awareness is what comes of regaining the power of one's own thought processes from pre-programmed thoughts/ideas/belief systems as long dictated by society.

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