

3 Ways to Master the Art of Congruent Living

From years of studying the connection between the heart and the mind, as well as the principles of Quantum Mechanics, I can comfortably say that anyone, no matter the race, gender, creed, nationality, etc. has the capability to manifest peace within their own hearts. Even in the most dire of suffering, this noble act is not some mystic's tale. In fact it is often within suffering itself that we are lead to the conscious awareness of the true amount of control we have over the quality of our lives; merely for the fact we have control over the quality of our thoughts...