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November 07th 2017: Brakes: Problems Or Possibilities

We often create brakes in our life or reality, and these brakes can be received as a problem or a possibility. Problems are judgments of the situation or circumstances, we have the tendency to make them wrong or bad. But the situation itself is not bad or wrong, our perception and beliefs create either problems or possibilities. We use huge amounts of energy trying to understand, label and categorize our experiences in this reality, often polarizing them within what is bad or good, right or wrong, best or worst, small or huge, etc. We can actually choose to create our problems, like when w

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