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Come Back To Your Senses Radio Archives Available July 18th 2013: Relax and Enjoy Life

It has often been said that attitude is everything and that energy flows where the attention goes. Factors like being stuck in production mode, unconscious concerns from childhood, being stingy with yourself, work pressures, relationship difficulties, health issues, or money concerns seem to be what affects your ability to relax and enjoy life. However, so often the missing link is you, because the focus in your mind always determines your level of relaxation and enjoyment. This is true regardless of your life circumstances or the activity you are involved in. Relaxation and enjoyment are not

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