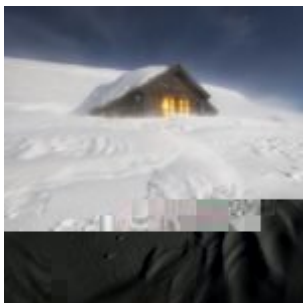


The Greeks have a wonderful word called *sophrosun* . It means soundness of mind, discretion, moderation in emotions, thoughts and actions and self-control. That's a lot for one word! Aristotle made the point that these character traits which the word signifies are not genetically endowed but rather come about by habit and practice. I had occasion to remind two people today that habits generally take anywhere between 30-45 days to form at a minimum. Most habits take longer to form. It takes even longer to become a master at it.

There is a tip I would like to leave you with. Try and break the development of a habit down into smaller parts. The smaller the better. A habit of tooth brushing can be broken down into 1 stroke/brush of the teeth. While extreme, it demonstrates that man's behavior can be broken down into micro-chunks. Breaking them down into smaller chunks helps us to not be overwhelmed.



Jed McKenna: Recipe for Failure



Who Controls our Thoughts?

Answers to some Questions  
on Spiritual Enlightenment,  
Identification and Ego



Blues for Buddha - by Jed  
McKenna