Beat: Local

Start yourself what are you waiting for ....

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USPA NEWS - Most people want to learn the arts of dealing with others whether it is at home, work or even in the street, and the art of attic in clothing and eating in order to move on to the path of success, but what about

(The art of dealing with self) ???
Many today are ignorant of this type of deal and have no idea about the subject most do not believe there is a thing named the same inhabit us and have an impact on us, whether positive or negative?
Definition of self.
Linguistically means the soul, blood, body or envy; others interpreted it as the living, physiological body of the soul.
Some scientists consider it the hidden power that man lives and the function of the mind, the nervous system, or the engine of man's cognitive, emotional, behavioral and mental activities, but the bottom line is that a twin living inside you is invisible, speaking to you without seeing a positive balance with him and a good friendship without the need for control. On your actions
(The best way to deal with self):
1 - Positive motivation and stay away from negative handling:
You must be talking with yourself away from reprimand, blame and deduction, and keep away from the word: I failed.
Why do others succeed and I do not, I'm stupid .. I was not supposed to do that ..

These behaviors may be due to the unfortunate stage that we have experienced, including the frequent blaming parents and calling them failures. The focus of this word in the inner mind can not be creative for fear of the failure that followed during childhood and this constitutes in the same child the complex of reprimand and sense of inferiority .. And even in adulthood. His misery ..
Give yourself confidence and talk to her positively
If this is so successful in this field .. I am successful in this area .. If I was wrong to do so .. This was the only option for me to do .. If anyone is my place to do what I did

2. Nutrition and sport:
Many of us do not care about the health and excessive eating, which leads to gaining excess weight, thus leading to many diseases may lead to death, and therefore blame yourself as the only one responsible for gaining weight becomes a wall between you and lose the desire to live and chronic depression and in some cases may lead to Suicide.
Exercise is the most comfortable thing for the soul and through it you can empty the components of anger and negative thoughts of your head and the feeling of youth forever you have acquired a slim body
3 - Scheduling and arranging ideas:
Re-arranging ideas and business by creating a special table to write down the work you have done over the past year The pros and cons of the projects that have succeeded in and how to develop them
The negatives are the failures that passed through you and do not repeat them again

4. Acquisition of positive shipments and disposal of negative shipments:
The studies have shown that mixing with people who are sad and suffering from a psychological complex will somehow cause us a sense of sadness and discomfort because we have acquired negative energy. In return, we have received positive shipments. Bright colors, which give you comfort and confidence, give you positive charges for others, especially black and white.
The presence of the possibility of plants or water, studies have shown that the feeling of comfort when going to the sea, is due to the presence of salt in the sea, which have the ability to absorb negative charges in the body and this is what we see that some families are spraying the salt in coarse salt Negative charges at home.
Chastings and jealousy and envy and hatred of the impact on the survival of negative shipments in the body and change facial features and age progress quickly, should be away from them and see as much as possible to clear the mind
Do not hang clothes in bathrooms because they have an effect on the transmission of negatives to clothing.

5 - privacy with self:
It helps you to improve your mood and create balance, which makes you feel in control of your life, gives you the opportunity to calm your nerves, get away from stress and regain clarity and focus, whether by having a warm bath or practicing yoga meditation for 10 minutes, and enjoying the few moments where you sit , And also recharge your energy and stimulate your creativity.
Scientific studies revealed that sitting alone for some time has many health and psychological benefits to the person, contrary to what some believe that being alone with oneself may be negative or reflect a state of introversion and depression. Even talking to yourself about women increases the chance of success in working Some mean it is a psychiatric illness.
6. Self-capacity:
It means not loading yourself more than you can under the pretext of reaching success in the work because the preoccupation with more than one work leads to exhaustion of the self and tension is permanent and generate fatigue, fatigue and failure.
If you have a better life and a bright future (never by yourself) what are you waiting for?

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