

## ***Weeding your desires***

The purpose of weeding your desires is to make sure you want what *you* want, and not just what the commercial world wants you to want. Using metaphysical principles just to create more outer attachments is a misuse of spiritual laws. As Proverbs 16:16 says, *“How much better to get wisdom than gold, to choose understanding rather than silver.”*

Therefore, it is worth your while to sort through your desires and weed out ones that are unnecessary or incompatible with your higher spiritual goals.

One way to weed your desires is to imagine that you are in your last moments of life. Your time in this world is about to come to an end, and you’re looking back to consider what was most important in your life. Who have you helped? What good have you done? What do you wish you’d spent more time doing?

### **Everything works for some people**

People are always looking for magic fixes — which is why snake oil hustlers have thrived throughout history, whether in the form of preachers soliciting contributions by promising “God’s grace” in return, or health proponents pitching the latest liquid wonder for your physical health, or financial success stories of how a book or course gave people the prosperous life of their dreams.

The truth is that you can probably find success stories for nearly any idea you put forth with enough planning and passion. That’s because everything works for some people.

Millions of medical studies have shown that the placebo effect — where patients improve based on their belief that a sugar pill is actually helpful medicine — is strong and well in human psyche-land. Sometimes, just thinking that something may be helpful gives those who are ready to improve themselves the nudge they may need to turn around some of the negative factors in their lives.