

### ***Focusing your thoughts***

Spiritual metaphysics teaches that you empower and ultimately become whatever you focus on the most. Understanding the power of your mind should inspire you to be more vigilant about how you spend your precious personal consciousness. Here are a few tips:

- **Be a focus miser.** Pay as much attention (or more!) to where you're spending your attention as you do to where you're spending your money.
- **Have discriminating tastes.** Feed your mind and heart with good quality thoughts by keeping the right company, both inside and out. Company doesn't just mean the people you're around, but also what you read, watch, and listen to.
- **Don't think junk thoughts.** Just as you have to limit the number of junk food meals you eat to stay physically healthy, you should also limit junk thoughts that have no "nutritional" value and can create physical, emotional, mental, and spiritual diseases in your being.