

Restart! How Can You Desert Your “Comfort Zone”



The fun part in a person's life comes often right after the “sweating” part. After they finish something, reach an objective, a goal, a paper, sport or event. They calm down, physically or mentally, deflate their wings for a short while and fall asleep smiling. They made it, but how exactly?

When I was a kid, an old guy told me to sleep less and without regrets. I looked at him with my big eyes and promised I would someday understand. After a long while, I figured out what the old guy was talking about. I didn't know who he was back then, I found out later that he travelled all over the world with business, that he had studied a lot and retired short before he passed away. He was really old but he didn't look like it. I was inspired by him. I began to search.

Our Comfort Zone is nurtured by our habits and ways of living, and the constant worries about tomorrow's safety. If we freed ourselves from “tomorrow's sickness”, we'd have the chance to obtain what we born to.

The comfort zone stops us and holds us in the dreaming ropes and webbings, in uncertainty and jokes about our future.

Man has to act upon a purpose, it's a debt inherited by his strength. He has to hunt

down and bring the wild boar for dinner, despite the rain, the tornado or the absence of it. Otherwise the family “ne mange pas”.

Of course, now he can buy it from the supermarket, packed and ready to bring to the table.

The Comfort Zone gets larger and we can look around us at how many offers assault us and try to convince us to stay indoors, by subliminally diminishing any doors to procuring something which is not packed and already cooked.

The Comfort Zone can be surpassed and put down by the type of person that strives for a better life. The worse it gets in life, the greater the results if you keep in mind the desires results.

The Comfort Zone disappears when the person get out; learn how to become capable to do so.

You overcome the Comfort Zone when you learn something by teaching others. You surpass the Comfort Zone when you get out into the world, when you have experiences and understand that in this life, the best tool to remain happy is to constantly evaluate from the outside and never from the inside.

You overcome the Comfort Zone when you trespass the first barriers: lies and fear. Then you become capable of the Extra-Effort: to only tell the Truth and nothing but the Truth.

The Comfort Zone evaporates when you willingly subject yourself to a temporary suffering by learning, developing, continuously experimenting in order to free yourself from the eternal pain.

Getting out of the Comfort Zone means stop searching for immediate pleasures. Man needs to understand that pleasure is an attribute of the Paradise and he has to Earn it.

Man needs a Restart, he needs learning and unlearning, new memories and forgetting about the old habits, he needs new principles and larger experiences, people to share his ideas, he needs to look straight, clearly and an amazing voice in his heart to dictate his actions.

Mental Training = Happy Life = Will and Power

Share these thoughts and you'll help your friend achieve transformation.

The group of the clean and clear minded people salutes you.

Got any opinion? Please leave your comment below.