



100.self-control

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law." - Galatians 5:22

Controlling a situation, controlling a person, controlling the weather...they're all the same. Impossible. The only way you can truly exert control is over yourself.

Self-control is a key component in realizing your true potential. Do your emotions leak out left, right and centre? Do your bad habits keep you from getting the love and nourishment you need? Does your need to control everything around you continue to drain your meager resources?

The road to being yourself is not easy. One of the key factors is to let go of control of the outer and concentrate on the inner. Begin with sorting out your own goals and aspirations in life.

Jump off the karma wheel and take control of your beautiful, wonderful, loving self. Be everything you are meant to be.

