

Hasten to fast???

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**By Dony Peter**

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Today, is the end of Ramadan, the holy month of fasting for Muslim brethren all over the world. I have always been amazed by the steadfast observance of fasting, that these brethren undertake especially under the strenuous requirements of abstaining from even drinking water from daybreak to the sighting of the moon at dusk, while going about their normal daily tasks.

However, what I would like to discuss does not only concern Muslims, but also others from various faiths, where fasting is a norm (and this accounts for most of the religions, and is seen as a means of purifying oneself).

While fasting basically implies abstaining from eating, the spirit of the fast requires abstinence from vices and worldly pleasures. This abstinence is however only limited to the period of the fast. Most of the time, we do see people around us who wait for the period of fasting to finish so that they can get back to their normal routine. This has in turn given rise to the notion (at least in the minds..) that these people are justified for the rest of the year or until the next fast in committing vices as long as this fast is dutifully adhered to.

It is as though the fast justifies our actions henceforth, otherwise how else do you explain people who end up worse than before when they completely abstained from the so called vices.

As in the case of the Rio de Janeiro carnival that is held 3 days prior to the Roman Catholic Lenten season, it is actually a one last ditch at indulging oneself before the fast begins.

Aren't fasts supposed to purify us, such that our lives become holier? But today, most of us are taking these rituals as some kind of a short-term break that gives us some leeway for a longer period of indulgence. Its your religious passport to one more (technically 11 months) of hassle-free indulgence.

Fasts are good, provided they are adhered to in its spirit. They must not be seen as a means to an end, but instead be enjoyed as another opportunity to better oneself as a continuing process. Otherwise these very fasts may actually become more deadly vices than we can imagine.

To fast or to fast in the spirit, that's a question?

The Author is a young man decided to make a change in the way things are perceived. Visit me at [canwe.blogspot.com](http://canwe.blogspot.com)

## **Step On To A Larger Stage**

**By Tony Papajohn**

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Shakespeare wrote,

"All the world's a stage, and all the men and women merely players..."

The world as stage is a useful metaphor because the world offers many stages, just as actors can perform in a local amateur production or on Broadway or in a blockbuster movie.

We perform on a stage of the appropriate size and character.

The stage upon which we feel at home represents a kind of uppermost limit to our achievements.

Call this one's comfort zone or level of incompetence, the stage sets our scope and boundaries.

If you aspire to do bigger and better things, you have to get used to bigger and better stages.

If you want to surpass yourself, regardless of the issue, you have to get accustomed to a new and more expansive stage.

This may take some mental adjusting.

If you have lived in a relatively modest-sized home all your life, as I have, you know what I mean.

Say you take a tour of luxury homes or a grand estate that is now a museum.

You look around and realize you have spent most of your life living in an oversized walk-in closet without knowing it.

Maybe you imagine actually living in such a place.

You imagine reading a book in a room big enough for 30 people and you are the only one in it. And the other rooms, let's say 15-20, are empty except for furniture and belongings.

I hasten to add that the headaches of maintaining such a residence is substantial, but so is the mental adjustment to the bigger stage.

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Whatever your current stage, mentally visit a bigger and more challenging one.

Do that often enough and one day, your visit will be in real time.

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