

# Focus on Your Path

You face now a heavier burden than any generation before you. Choices abound in your life, but you will not always recognize them for the distractions they are. Because new options for entertainment are constantly thrust before you, you have not had real clarity. The fog of motion surrounds you. It is there in the background of all your memories, blinding you to your desires.

The human world holds many dramas to keep you from fulfilling your identity. The environment we have built is nuanced and varied. Relish in the experiences our advancement offers, but move on when they have played out their role in your journey. If you lust for the same excitements too long, you will throw your development away.

Through mental context, the meaning behind every action changes. A mature mind can bridle the flow of details which come at them in every direction. It can select its priorities. The immature mind has no such power. It is too weak to see through the turbulence other people create. Yours will be like a spotlight once you have learned to focus it.

Despite growing in life experience, most people relive the same lessons without end. The distractions of a human life keep them trapped in what they already know. Sex, games, food, and social conquest provide a quick fix for discontentment, never allowing you to go deeper into what defines your pain. Instead, go so deep into unhappiness that you destroy your familiar patterns.

Seeing it for what it is, the noise of society will overwhelm you at first. A thousand aggressive messages fly off in all directions around you. You need only turn on your television or step onto a public street to witness this. Ideas and the activities they generate are competing for your mind. Do not be so quick to yield.

Hold space in your mind, and from that space make new decisions about how to spend your time. Grow bored with activities the moment they fail to give you new meanings. Then you can exercise all your mind's facilities as you pursue your goals, instead of yielding to the easiest path.

When your mind is free from the search for an activity to fill its internal void, you may remain unmoved in mental inquiry. The longer you sit with the question "why?", the more uncomfortable you will become with your existence. This discomfort is vital to your growth.

In uncomfortable stillness, your mind will yearn for familiar motion again. It will want to feel the same pains and excitements it already knows. Conquer this yearning, and you will obtain the key to all existential progress. You become the master of your interest. You can make it serve your larger purposes with the filter of a longer timeframe.

Knowing who you are means being able to say “no” to countless more options than you will ever act on. Selection over action is the crucial first step to following your passions. Never be afraid to step away from the norms of your environment.