

If You Want To Raise Your Energy For Life

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=T4RLJLYJT4I](https://www.youtube.com/watch?v=T4RLJLYJT4I)
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SUMMARY

The speaker emphasizes the importance of maintaining one's inner self, likening it to caring for a garden. By regularly cleaning out mental clutter and practicing meditation, individuals can achieve a higher level of personal well-being and clarity.

- *The inner self requires as much attention as physical spaces like homes and gardens.*
- *Daily practices, such as "inner flossing," are essential for mental clarity and success.*
- *Engaging in meditation helps quiet external distractions and internal chaos.*
- *The speaker references Michael Beckwith's concept of taking an "inner shower" for mental cleansing.*
- *Ignoring inner maintenance contributes to a chaotic and reactive mindset.*
- *Regular self-reflection and mindfulness can lead to significant personal transformation.*

you spend so much money on your house a bite up your garden the pond the trees have to be pruned but nothing is being done about your inner Garden right your inner engine and that's why we are not running on Optimum so here's the beauty of this if you clean it out and if you want to be high level clean out your inner junk clean it daily that's my only secret to success Daily Inner flossing as as

Michael Beckwith says he takes an inner shower every day fact that we don't do this as a lifestyle is why the world looks the way it does the outside noise distracts us so much to the inside noise and the outside noise Keeps Us reacting to it when we become silent and cannot engage with the outside noise

[Music] very quickly what happens is the inside noise becomes cacophonous so this is what meditation is it's looking under the hood and then doing a major overhaul