Meditation-content

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**SUBJECT: Are You Enthusiastic About Washing Dishes, <firstname>? Well, You Should Be...,**

There’s an age-old wisdom technique that I want to share with you today. I learned about it first roughly a decade ago and have been contemplating it often ever since.

It’s called the Principle of Enthusiastic Effort, and it has the power to instantly change your life forever. Keep reading: it’s about to happen now.

You see, when you have mundane tasks to accomplish, like doing dishes, then you need to eliminate the repetitive dread you feel about it. Repetitive dread is negative energy, and negative energy destroys life.

So, instead, you choose to embrace those things which are going to have to do regardless of your attitude about them. Unless you are a slob, then you’re going to need to do the dishes, repetitively throughout life.

So, since you have to do the regardless, why not be happy about it and do a really good job? Why not take one extra minute at the end to shine the chrome too, even on the back of the facet where nobody ever looks.

Living with enthusiastic, conscientious intent makes you more aware of life. It makes you happier. Namaste.