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COMPLETE HAPPINESS IN THE LOVE OF CHRIST JESUS

Your Mind Is Not a Punching Bag

By Love

December 5, 2025 – Experiencing Heaven on Earth



Notice how they treat mental illness in America. You go in, sit down with a psychologist, therapist, or group session, and suddenly your life turns into a professional crying convention. “Tell your problem to us,” they say. You begin to cry. “It’s okay, let it out,” they

cheer. “Do you feel better now?” No! Look at me; I am not happy but crying and in pain.! How is this healing? I could have done this in my pajamas at home for free. Yet they act like listening to people to sob about their misery is progress. The truth? Healing does not happen in these sessions. The only thing that is guaranteed is that you will leave with a wet cheek and a lighter wallet. In other words, America treats mental

health like a football game. You get tackled by life, and they yell from the sidelines: “Get back in there!” They call it therapy. I call it conditioning but not healing conditioning. They teach you how to survive sadness instead of how to escape it.

Think about it. When you are alone, and a bad memory crosses your mind, or life triggers a bad memory, you cry. Someone else cries, you empathize, maybe shed a tear yourself. But does it fix the pain? No. Crying does not erase the nightmare; thinking about bad memories just recreates the nightmare. And yet, these professionals, who are armed with their fancy degrees, tell us that they have the key to happiness. Common sense begs to differ. You do not need a PhD to know that dwelling on what hurts you does not cause you

to feel better. But apparently, in America, common sense requires a degree.

Does Venting Cause You to Feel Better



Then comes the anger management approach. Hit a pillow! Scream! Vent your frustrations on anything that will not call the cops! Yes, because nothing says “inner peace” like pretending to beat up a pillow. But let’s think: if expressing anger freely makes people happy, then violent people should be the happiest people on earth, and peaceful people are the most miserable people on earth. But they are not. Peaceful people are the happiest. So why would I

want to express my anger by hitting someone, even if it is softly? That is not healing. That is rehearsal. You are practicing rage. You are rehearsing harm. And if you rehearse harm, you will perform it. Therefore, I do not want chaos; I want mastery. I want control over my mind, not permission to throw a punch; not even a soft, fabric-covered one. And of course, if crying, venting, and pillow-hitting do not solve the problem, there is always a prescription. Take a pill. Feel better. Or at least feel numb. Mental health is a crisis in America, and this approach proves why it fails. These “experts” do not change the toxic environment; they change you to adapt to it. You are conditioned to accept abuse, to “deal with life as it is,” rather than being helped to find genuine peace. It is like

saying, “Pain is normal. Suffer quietly. Here’s a pill.”



They Don’t Report Abuse— They Normalize It

Notice how Psychologists say, “they will keep your secrets. Unless you are a threat”. Then they report you. But here is the twist: if you say that you are being mentally abused, they do not report that. They encourage you to adapt. They say: “You can do it. Hang in there. No pain, no gain.” Like you are in boot camp. Like your trauma is a workout. They do not change your environment. They change you to fit it. That is not healing. That

is manipulation. That is spiritual malpractice. They teach you to accept abuse as normal. To cope with dysfunction. To survive toxicity. But Jesus did not say “cope.” He said “come.” Come unto me, all who are weary. I will give rest to you.

The Bible Is My Therapist



Now, let's try something different. When I face life's struggles according to the Bible, I feel genuinely better without the drugs, venting, or pillow therapy. I read Scripture, worship God, meditate on His promises, live and think according to the Word of GOD, and I experience a natural high. Paul

tells us to focus on what is pure, good, virtuous, just, and lovely (Philippians 4:4–9). This is completely contrary to the psychologist's method of reliving trauma endlessly. Instead of crying over thinking about my problems, I feel peace, hope, and joy without thinking about the bad things that happen to me. My tears now are tears of gratitude, not anguish.

Heaven Is a Mindset

Think about it. Negative emotions are triggered by bad actions or events. Reliving them consciously, or even in therapy, is like reopening a wound. Therefore, why would I willingly want to dwell on negativity when Scripture offers a better way?

You cannot control everything that is done to you, but you can control what you think about. Focus on God, on blessings, on the good in life—

and your mind, body, and soul will follow. The Bible teaches rest, e.g., Jesus said, “Come to me, all you who labor and are heavy laden, and I will give rest to you.” This is not about sleeping physically; it is about peace, renewing your mind, and conditioning it to focus on joy. Heaven itself is complete happiness, the ultimate rest, and the Bible teaches us to taste that joy now, on Earth. Life, as God created it, is complete. Everything that we truly need already exists: food, air, water, love, the beauty of creation et cetera. The problem is not life; it is our mindset. Focus on what God has provided, and your mind naturally experiences contentment.

Pain happens. But anguish (that is, the prolonged suffering that consumes your mind) is optional. You cultivate it by dwelling on

negativity. Stop reliving the bad experiences. Stop giving permission to your mind to marinate in what hurts you. Instead, meditate on God’s goodness, rejoice in His love, and let your mind dwell on what is pure, lovely, and just. That is where true, complete happiness lives. You do not have to wait until death to experience heaven. Jesus said, “Enter into my rest.” That rest, that peace, that complete happiness; it is available now. Not through therapy, pills, or pillow-punching, but through the love of Christ, the wisdom of the Bible, and the practice of thinking as He directs. Choose to condition your mind for joy, and you will taste heaven on Earth. This is not theory. It is reality waiting for anyone who dares to turn from the world’s ways and embrace God’s.