

# Mind Control

Daniel Morris

We often find ourselves challenged with thoughts or situations that bother us. These circumstances can then lead to a dilemma as to how to act, or pain in the understanding that society in which we live teaches that we cannot act the way those thoughts make us want to. We can choose how we act. We do not have the same control over the thoughts that pop into our minds, but where we can have control, is when it comes to an action. That action could be anything from a movement of the eyes to placing ourselves in a whole different situation that we were not expecting, and all the consequences that action brings with it.

This short paper is not about judgement. It is not whether there is a right or wrong. Society, religion and personal circumstances can dictate that for you. But it is about what if you are not happy with the thoughts that pop into your mind? What if you start hating yourself because you cannot stop experiencing these unpleasant thoughts? Then we have to find a way to reduce the amount of thoughts that come to mind, and also to somehow discover a way to deal with them when they are there.

The first thing to be aware of is that our minds are different to our brains. The mind is like the software, the non-tangible part to us that controls the brain. The brain is the organ that controls the physical body. The mind consists of our personality, our aspirations, our thoughts and our soul. From this awareness, you can then start to contemplate that ***we are not the thoughts themselves, but the observer of them.*** We can become aware of what we are thinking about.

Think about a rose. Picture its red petals the green stem and leaves, think about the thorns and its smell. Now notice that you are thinking about a rose. When a thought enters our minds, we can notice that thought. We can choose whether it is something we like or do not like. We cannot at this stage stop that thought or memory from popping into our minds, but we can then choose how we act. Do we act on that thought? Do we look at something that tempts us in a way that we do not like.

When unwanted thoughts we hate enter our mind, we tend to continue thinking about them. We cry or hate ourselves because of them. We beat ourselves up and sometimes even want to do things that we know deep down are not what we want. Once these thoughts enter our mind, we can then choose, at that moment, whether to fuel that thought, or to direct our thoughts to something else. Someone trying to diet will think of eating and soon become peckish and desperate for a snack. As soon as they think about eating that snack, they could immediately think of something else. The thought was not fuelled and the mind distracted.

Over time, ***the real you, the observer of those thoughts***, will gain control over the thoughts that plague you. You will find that you can choose what you focus on and when to focus on it. This way, you will become calmer and more in control of your mind.

Remember you are not thoughts themselves, but the observer of them. Try this short exercise:

- 🌀 Find a place and time when you are safe and free from distraction
- 🌀 Sit still in a comfortable chair and relax for a few minutes to just calm down more
- 🌀 As you sit there over a few minutes, just notice what thoughts pop into your mind
- 🌀 As these thoughts enter your mind, try not to focus on any specific one
- 🌀 Choose a time when you are not too tired; try not to fall asleep
- 🌀 Try it a few times over a couple of weeks until you feel you have more control over the thoughts

Good luck