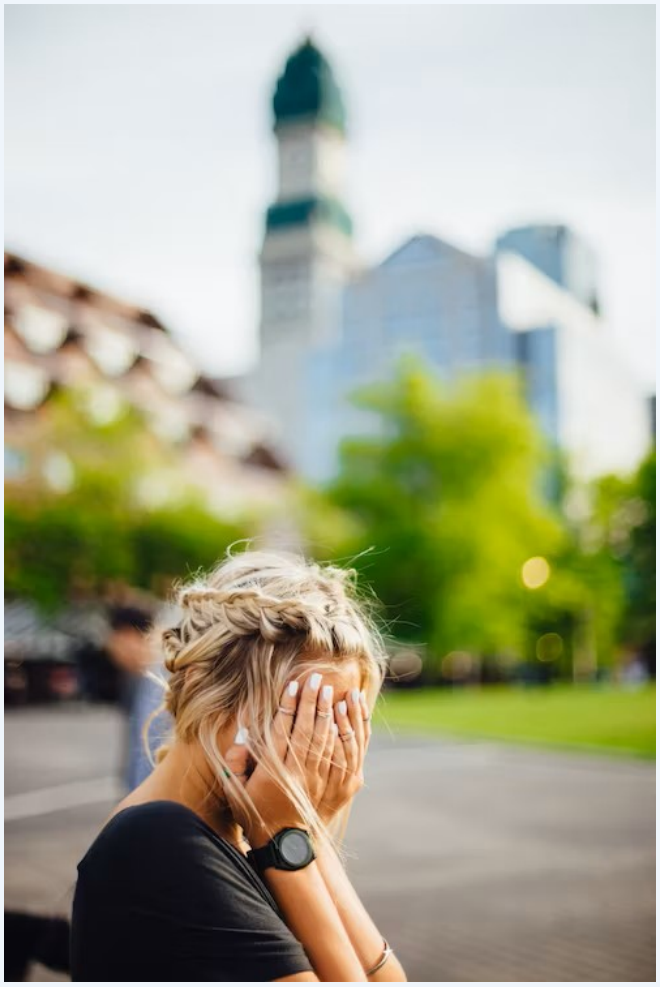
5 Strategies to Ease the Mind



Because **this** is not an effective strategy!

Overthinking is really not a helpful practice. It can lead us on a merry chase getting us all tied in knots about things that have never even happened and most likely will not happen.

NOTE: Overthinking is not to be confused with having premonitions. Premonitions come out of the blue with no context.

We have far more control over our lives when we can focus on problem solving what we **know** is happening rather than imagining the infinite number of possibilities and equally infinite outcomes. Besides, all of this imagining can take a toll on our emotional and physical health.

Our true purpose in life is to feel free and express the energy of love to all the beings in all the dimensions.

A brain cluttered with unhelpful thoughts is one of the most common challenges to being this.

What follows are some thoughts about both overthinking and strategies to manage it.

Marty Seligman in *Learned Helplessness* teaches us to pay attention to our thoughts that worry and ask “what’s the best that could happen?” Then ask ourselves, “What’s the Worst that can happen?” How likely is it that either would happen?

Suppose you are looking for a house. These two photos could easily represent the worst and best of what you could buy, but most likely you would not end up with either. So it is not practical to worry about how you would fix up one or afford the other. Instead focus on what is the best fit for you.

Ram Dass teaches us to treat unwanted thoughts like unwanted guests and tell them, “no, not today.”

One thing I have observed that much of what goes on in our minds is simply a lie. These are things we have been told either by unskilled adults while we were young or by highly skilled marketers all our lives.

We do not have to pay attention to these thoughts either. More unwanted guests!

The Buddhists teach us that mindfulness is the way to keep our minds clear. When we pay attention only to what is actually happening around us and focus singularly on that, we do not have room to pay attention to other things. They call this being a clear mirror.

When we are a clear mirror, we see and perceive exactly what is there with no back story. So, when someone smiles and says good morning, we are not looking for a hidden agenda, but rather simply see the smile and hear the good morning.

Of course, there are times when we intuitively know something else is going on, but that is another matter entirely! .

Does our mind distort our views or allow us to see clearly what is there?

There is a whole lot of research and writings about rewiring the brain, but to boil it down into some simple observations,

1. Neural pathways are formed through repetitive use
2. When we stop thinking about certain things, those neural pathways come apart. That's why you can't remember a lot of what you learned in high school.
3. If we want to create new thought patterns, aka neural pathways, we have to repeat and practice the action of those new thoughts a lot!

EXERCISE

Choose one unhelpful thought you no longer wish to have. Write it down.

Write three thoughts you can say in its place.

For example, I cannot control my thoughts could be replaced with

1. I can focus on my breathing instead of my thoughts.
2. I can place my thoughts on a leaf in the river and watch them get carried away in my mind
3. I can change my worry thoughts to solution thoughts.

We really can be in the driver's seat with our thoughts.

Practicing these four simple strategies can carry you a long ways in that direction.

Of course, there are many energetic components that affect our thinking, but the one we have found is the most helpful is grounding, the fifth strategy.

To that end, here is a video that both offers some people's experiences with being grounded as well as a grounding exercise that deeply connects you with the energy of the earth.

Questions? Comments?

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