

ON MY MIND?

ON YOUR MIND?

ON THE COLLECTIVES MIND?

DON'T MIND THE MIND. RECOGNIZE THE MIND, APPRECIATE THE MIND, AND THEN LET THE CHATTER PASS YOU BY. THERE IS NO SHUTTING IT OFF, BUT THROUGH TRAINING AND PRACTICE, THE OBSERVER STATE OF OUR BEING STARTS TO RECOGNIZE THAT WE ARE NOT OUR THOUGHTS!!!

INSTEAD, WHAT WE CHOOSE TO DO IS ASSOCIATE WITH CERTAIN THOUGHTS OVER OTHERS. THE BEAUTIFUL THING IS THAT WE CAN CHANGE THE THOUGHTS WE CHOOSE TO FOLLOW AT ANYTIME! ANYTIME ABLE TO GAIN A NEW POINT OF VIEW, A NEW PERSPECTIVE.