Twitter Thread by N8■

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@SculptYourMind

How to Escape the Prison of Your Mind

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Your mind is a room and your thoughts are a window.

When you think it is as you look into your room of thoughts.

Pay attention to what goes on, learn your mental triggers. Pay attention to how you respond to situations

Continued..

Your thoughts are not always to be believed.

You thoughts come and go like a car going through a car wash.

One in, one out. Depending on how long you want to wash the car depends on how long the thought stays.

Observe your thoughts with no judgement



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Understand where you are in your reality at all times

Think about the description of thing to the left of you:

-What color is it?
-What shape is it?
-How big is it?
-What is its function?
-Why is it built that way?

Continued..

Why is this healthy? Because it releases your thoughts into your present objective reality.

Knowing that you are there is a good way to stop thoughts because then you start to live. ■

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It may sound dumb but, when someone tell you not to do something the initial reaction is to do that something.



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Imagine your favorite water bottle brand

If we take all 8 billion people and ask what is their favorite water is

There will probably be a majority bottle.

Continued..

That still doesn't make it your favorite.

If their water bottle choice doesn't matter why should any of their opinions matter?

When you realize that you don't need external validation you stop think and acting for it. ■

I wish you can take some of these into your own life and start living not thinking.

As always if you enjoyed i appreciate a retweet■

-N8■