

Thoughts About My Mind

I can be 'mindless' or 'thoughtless'; I can be 'mindful' or 'thoughtful'; and I can be 'mind-free' or 'thought-free'; but not until I confidently know the difference.

Mindless & Thoughtless are not the same.

Being Mindless is a lack of rational thinking.

It is irrational behaviour.

It is without care, planning or logical thinking.

Mindless behaviour is a sign of being lost confused & frustrated.

It is my ego's inability to clarify its will.

Being Thoughtless is having a quieter mind.

A quieter mind has less thinking thoughts.

With less processed thinking, my thoughts become clearer.

With less thinking, I have less confusion, more clarity and greater direction.

Greater clarity & direction means less frustration.

Thoughtlessness is acquired through meditation and deeper reflection.

Mindfulness is the result of consideration and shallow thinking.

Mindful & Thoughtful are not the same.

Being Mindful is when my thinking is most active.

It is being careful to process all the options stored in my sub-conscious mind.

My sub-conscious mind is full of all my stored programmes, beliefs and memories.

I am mindful when I carefully consider all my options.

The more full of options my mind becomes, the more mindful I am.

Being Thoughtful allows my thoughts to flow freely.

My thoughts are the inspired revelations of my empowered messages that direct my destiny.

When full of thought, I have clarity and direction on my life path.

My thoughtfulness requires a quiet mind that is full of faith.

My thoughtful faith is my confidently empowered, intuitive inner guidance.

My mindful trust is dependent on the power of my ego's will.

Mind-Free & Thought-Free are not the same.

Being Mind-free is an oxymoron as I cannot be free of my mind.

However, my mind can be free of my limiting beliefs and fearful programming.

A free mind is limitless & boundless.

It is unencumbered by past memories and future expectations.

It resides purely in each present moment and is free to receive and accept any opportunity that each moment brings.

It sees only the miracles of life.

My free mind accepts whatever is occurring as a gift and is open to allowing my destiny to unfold.

Being Thought-free is being disconnected from my inspired revelations that are empowered by my intuitive inner guidance.

I am a prisoner and a victim of my sub-conscious programming and beliefs.

A thought-free mind tolerates and endures whatever turns up and is doomed to experience its fate.

When I do not have a thought, I allow other people's thinking and beliefs to determine my reality.

I choose to become thoughtless, then thoughtful, with a free mind.

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