



## 4 Keys to Mental Freedom

Anxiety, stress, fear, and other similar feelings are a normal part of being human, but they don't in any way have to restrict someone from living a free and joyful life. There is a future in which people don't have to control or manage their anxiety, fear, or stress. The even better news is that the ability to accomplish that is available to all of us. Here are some keys to accessing your innate capacity for mental freedom:

- 1 Understand where your feelings are actually coming from.** We've been taught all our lives that our feelings are a result of our circumstances, such as our past, the future, what other people do or say to us, our environment, etc. In reality, our feelings are a result of the ebb and flow of our own thinking. In other words, it's not what's happening that's causing us to feel a certain way – it's the thinking we have around it that's causing the feelings. Realizing that nothing outside of you has the power to make you feel anything is quite liberating.
- 2 Recognize the nature of thought.** Many people simply accept their habitual thoughts as truth and reality. In truth, thought is a transient, formless energy that ebbs and flows throughout the day. It's also much more random, arbitrary, and neutral than we realize. What's amazing is that our mind is a self-correcting system that's designed for equilibrium. When our thinking goes off course, our mind will self-correct back to clarity if we let it. Just as clouds pass by their nature, our thoughts will pass if we simply let them, and new, fresh thought will arrive right behind it.
- 3 Understand the true thought/feeling connection.** Contrary to popular belief, our feelings are the mind's way of giving us feedback about the quality of our thinking in the moment – not our circumstances, the past, the future, or even us. When we get caught up in anxious or stressful thinking, our feelings aren't validating the thoughts – they are alerting us to the fact that our thinking is off. Think of it like the "check engine" light that goes off in your car. It's not telling you that the car in front of you needs to be fixed or that there's even anything wrong with you the driver. It's simply letting you know that you're thinking is overheating and you may not want to put a lot of weight into those particular thoughts.
- 4 Avoid coping strategies and mental techniques.** This one seems counterintuitive because we live in a world obsessed with the latest tips, tricks, and techniques. When you let your mind work the way it was designed to work, you see that there's no need to do anything to "control" and "manage" your thinking. Think of it like a pool of water that's been muddied up. Anything you do to try and make the water clear will just churn up more mud and make things even murkier. If you leave it alone, the mud will naturally settle on its own and the water will return to a natural state of clarity. And the same is true with your mind. When your thinking settles, you'll have more access to whatever inspiration, wisdom, confidence or other abilities you need in the moment.

### Questions?

Feel free to reach out anytime via the email and website below. Thank you!