

## Who Controls Your Mind?

Few people are aware of the thoughts that pass through their minds. Thinking is performed like a habit, in an automatic manner. If the thoughts are positive, then it is all right, but if they are negative, they may cause trouble.

The mind is like a small child, who accepts and takes for granted whatever it sees or hears, without judgment and without considering the consequences. If you let your mind behave as it likes and give it complete freedom, you lose your freedom.

We are constantly flooded with thoughts, ideas and information coming through the five senses, other people, the newspapers and TV. These thoughts, ideas and information penetrate the mind whether we are aware of this process or not.

This outside flow influences our behaviour and reactions. It influences the way we think, our preferences, likes and dislikes. This means that we let outside powers shape our lives. So where is freedom?

Most people think and believe that their thoughts originate from them, but have they ever stopped and considered whether their thoughts, desires, likes and dislikes are really theirs? Maybe they have come from the outside, and they have unconsciously accepted them as their own?

If there is no filter to process the thoughts that enter the mind, there is no freedom. Then all actions are like the actions of a puppet on a string, though no one will admit it.

You may object and say that the thoughts that pass through your mind are yours, but are they? Have you deliberately and attentively created every thought that entered your mind?

Why let outside influences control your mind and life? Why let other people's thoughts control your life and mind? Do you want to make your mind free or do you prefer to enslave it to other people's opinions and thoughts? If you leave your mind open to every thought that passes by, you put your life in other people's hands, and without realizing it, you accept their thoughts and act in accordance with them.

Each person is more susceptible to certain kind of thoughts than others. Certain thoughts and ideas we ignore, and others spur us to immediate action. Thoughts concerning subjects we love have more power on us than other thoughts, but even thoughts and ideas that we don't care about, if we are frequently exposed to them, eventually sink into the subconscious mind and influence us.

Everyone has desires, ambitions and dreams that he or she may foster from childhood. They may be the thoughts of parents, teachers and friends, and which have lodged into our minds, and are carried around throughout our lives. Are they necessary? Do we need all this excessive baggage?

In order to reduce the power of outside influences and thoughts on your life, you need to be aware of the thoughts and desires that enter your mind, and ask yourself whether you really like them, and are willing to accept them into your life. Analyze your motives and actions, and you will be surprised to find out that many of them were triggered by outside influences.

You do not have to accept each and every thought, idea or information. Think and find out whether

you entertain certain thoughts because you decided to do so, or because they just popped into your head due to outside influences.

Learn not to accept every thought that you encounter. Find first whether it is for your own good to follow it. It may not be so easy at the start, because the mind will revolt against this control. If you want to be the master of your mind and life, you should not let other people's thoughts, desires and motives rule your life, unless you consciously choose to.