

## Take Control Of Your Life With One Thought

It's actually quite astonishing to think about how many thoughts an average person has per day. The number has been estimated at between **12,000 and 60,000 per day** depending on the individual (average versus deeper thinkers). Of those, very, very few are new and unique. Bottom line, **our thoughts are way out of control**, and we just leap frog from one to the next without having a firm grasp on any single thought. Now how many of these daily thoughts are you consciously aware of, 20, 50, 100, 200? Bottom line, not too many. Psychologists have long known that our thoughts create our emotions and our emotions move us to behave and can also cause physical changes within our bodies. Therefore, with most of our thoughts going unnoticed, it is obvious that we must spend most of our time thinking, feeling and behaving unconsciously.

Consider the person that is in a state of depression. Their daily thoughts bounce from one to another, with the underlying hint of sadness. That's 12,000 thoughts that will be mostly pessimistic and not conducive to happiness.

It's easy to believe that your thoughts are you since you've experienced them with you all of the time for such lengthy periods of time.

The first thing you do in the morning when you awake is start to go through your morning thoughts...

*"Oh I must do this..."*

*"Brush my teeth"*

*"Get a shower"*

*"I'm going to have two boiled eggs for breakfast"*

*"Why is she not awake yet?"*

*"Where's my slippers?"*

*"Oh, that looks nice"*

*"What a terrible dream last night"*

And it starts from just a moment or two after you become consciously awake.

Being so identified with your thoughts where you believe you are those thoughts will only lead you to an unfulfilled life where you're constantly seeking something new to fulfil you. The new relationship, the new car, the new home, the new job etc. All of this wanting and needing is created by your thoughts.

There's nothing wrong with experiencing all of those things, but when you see them as a way to make your life complete, that is when you're still identifying with your thoughts and your ego.

If you spend a little time noticing your thoughts and observing what they are, you'll quickly become present and if you hold that for a few seconds, you'll find that your thoughts gradually disappear.

You do not think. The brain thinks. You give the brain the consciousness to think.

Try observing some of your thoughts throughout your day. Just notice that they are there, whatever they may be. After you have an argument with someone, notice what you're thinking. Maybe you get a job promotion, notice what thoughts you're having because of it. Whatever happens, notice your thoughts.

Doing so for the entire day is a big ask. Watching out for 60,000 thoughts is a full-time job and one that no one I know of could manage. Instead of trying to notice all of them, when you do notice that you're thinking, just observe what thoughts are there. Simple.