

## **How to KNOW which thoughts are yours and which ones aren't!**

How to KNOW what you think! Most people are under the delusion that just because they have a brain, they KNOW how to think. They don't. Most thoughts people have are not necessarily their own because they've never taken the time to figure out which thoughts are theirs and which ones aren't.

The process to determine which thoughts are yours and which ones aren't is quite simple and is one that you will use for the rest of your life.

To learn which thoughts are yours and which ones aren't, you need to determine the WHAT you think without cluttering the process with all the 'whys', soap operas, and intellectual (or lack of it) jackassing that goes with it.

The process is extremely simple UNLESS you contaminate it with jackassing and nonsense.

To determine WHAT you think is an ongoing habit you need to get and stay into.

It's an easy habit to acquire, and priceless to the point of being worth more than all the King's/Queen's Ransoms combined!

Each and every OBJECT in your circumstance must be considered with respect as to HOW you think/feel about it.

**REPEAT: EACH AND EVERY OBJECT!**

In order to give EACH AND EVERY OBJECT a due classification you must set a STANDARD RULE.

The best is a scale of 1 to 100 and it goes in BOTH directions of "LIKE" and "DON'T LIKE" regardless of what it is.

Get that: a scale of 1 to 100, it goes in BOTH directions of "LIKE" and "DON'T LIKE" regardless of what it is.

YOU must decide whether you LIKE/DISLIKE anything and everything and to what degree from 1 to 100 on your own scale.

Within a very short time, you'll have a thought come through your mind/brain with an entirely different, regardless of how close, LIKE/DISLIKE and/or NUMBER. Either one is all that's required, both are nice but not necessary. Any difference and THAT thought is somebody else's.

You KNOW what you think, especially if you've ignored all the emotional entrapments and falderal explained above. So, if any thought in your mind/brain disagrees, even in the slightest detail, that thought isn't yours.

If not yours, it has to be somebody else's. Period.

Thoughts and thoughtforms are NOT self-generating, they must come from some mind/brain/thought source. That "source" cannot avoid leaving its own stamp of personality on that thoughtform/energy. It leaves a sure and certain identification capability.

Understand – this is YOUR measurement and YOUR measurement only. You do not have to insult anyone, hurt anyone, or anything else with your judgements, classifications, and decisions. You simply need to KNOW what you think. That is all.

Do not inject guilt trips – “I have to like grandma’s cookies even though they are terrible.” If you inject guilt trips in your decision making, you are NEVER going to be able to figure out what you think and figure out which thoughts are your own thoughts. Do not do inject guilt trips or any other emotional thing! This is another one of those easier to avoid than it is to undo.

And NO! Not everything is an absolute 1 OR 100! You MUST assign a numerical. If everything is 1 or 100, you will not be able to discern which thoughts are yours and which ones aren’t.

With everything there are 2 Decisions you will need to make:

1. Do I like it yes or no?
2. How much on a scale from 1-100?

Examples

Do you like dinner yes or no? How much?

Do you like those pants yes or no? How much?

Do you like that dress yes or no? How much?

Do you like that book yes or no? How much?

Do you like green apples yes or no? How much?

## PRACTICE THIS WITH EVERYTHING

Over time, you will eventually KNOW the thought isn’t yours and as you practice, you can get good enough to tell who’s thought it actually is!