

THOUGHTS FROM HER THOUGHTS

Backstory: These sequences of writings came from a post I witnessed that talked about a range of topics for the human soul essentially; the words in **bold** were the topics of conversation.

#1. **Organization** is important in everyone's lives. Perhaps the order we bring is a form of control but as long as it's for your growth, your health & your mindfulness of your awareness it depicts its prosperity as subliminal up swings that increases your well being ten fold over days & nights of existing. People have their own subjective perspective of how much order they should have in their life but in the end as long as you're implementing these processes with consistency you won't go overboard. It's vital to not be a cardboard of strict regimen because that causes hard headed super-ego consciousness to take over and being hard on yourself mentally of straight edge procedures throws the boat at some point and you'll go insane or mentally unstable.

#2. **Practice** has a new renowned saying of "perfect practice makes perfect", the added perfect word the begins is a good depiction of why it's important to experience a new skill with blatant impulsive action (with passion of course and good reason) so you know what you're getting yourself into. Throw the brain off so it's prepared for the new skill more and more each time afterwards. Prime example being if you want to get swole nasty at the gym u should throw your muscles into chaos by doing WAY over the designated amount of weight you can handle, the muscles immediately change into adrenaline ready for every rep thereafter.

After that version of practice do research of people/studies/certified sources that perform these things or know these things. With a little bit of knowledge you can now go at it with more reform and precision. I'll stop there on that, for in this case she focused on attention span on specific tasks which is crucial for learning something; you simply cannot grasp information if you don't sit with it for more than 20 min at a time. Perhaps you could but it would take longer to remember these skills. Reading/listening/watching a film with subtitles are all vessels that increase focus in general that can decrease the mind wandering whilst in the moment of trying to get better at something. I lack in this a bit. My mind seems to wander daily and endlessly like a loop of a lit up highway that consists of white stripes like a zebra running on my prefrontal cortex. Its an attribute ive begun to understand and respect more but now that I do, it's time to give it a break and really dive into removing that thoughtful provoking when im doing something important. This is why ive been having trouble finishing books the past year. Maybe my thoughts are getting more intense and worse, which is why i must subside them even moreso.

#3. **WATER IS LIFE**. I was speaking with someone about how distilled water is the best kind. There are many theories on which kind is best, my personal opinion is to drink different kinds and feel your body, what's happening to you when you drink this tap water? Or from a bottle? The way your temple responds is the answer.

#4. **Writing** i believe is the best form of therapy. You aren't judged here, you're not interrupted or looked at here. Here is where the heart lies on these words that imprint your memories and insecurities and inner intellect that is hidden from the ego. Write it out.

#5. I like this concept, but it's simple and no need to get complex. The human mind is more intricate than we'll ever know and more secrets than we will ever create. If you're acting/feeling **resentment, impulsive, sad**, etc. a certain way one day, just simply analyze why from a recent moment in time, (you'll get better at this by sitting alone sometimes in solitude to gain mindfulness) find out what it is and accept this feeling. Let it course through your blood like a fast flow and do not fight it, at this point you've analyzed its existence, welcomed the emotion and let it dance across your veins like a bolt of lightning in the depths of the navy blue sky, so it can be set free. These acts of self (even good ones) are temporary and made according to what your ego thinks is justified. Even your values are made because of your skewed outlook of how the world/people should act and behave. It isn't real so let it go in the end. (This is deeper than I intended but to clarify if you're deep in a state of mind that's affecting you then you must think like this to get out.)

#6. **Talking out loud** is basically a verbal volume output of the writings I spoke about earlier. Talking out loud can sometimes be better than writing it down perhaps but regardless, both things come into existence and in the universe, no longer thoughts, but tangible goods, if you will. Yes, you are probably crazy but not because you talk out loud to yourself. That's healthy engagement to talk through situations.

#7. This topic also takes me back to my point earlier about practice. If you're an individual who is longing for financial gain at a maximal level and perhaps wanting to do something with a lot of planning and vision, or maybe you **just want to get there FAST**, you'll need to practice many a moon and take on a schedule of an entrepreneur for that kind of success. There absolutely has to be a specific mindset attached to this lifestyle because it can be tiring, draining, and depending on the goal, taxing on your mental health if not executed properly. Only minimal time allowed for that space to feel peaceful (child-like) nothingness again which means it's even more important to find time to lie down beneath the curtains of societal pressures in the grass outside, go out with people you love, or do something you love. Again this comes down to what the person's personal achievements are. Whether you have that strict structure of a day or not, everyone is trying to thrive in their own way and these brief moments of relapsing into the reason why life is so special are essential for your remembrance of your value and purpose to serve, however way that may be.