

Mastering The Mind

How to become the Master of your life

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Thought Power

The greatest use of mind is to reason out the purpose of our own existence. If the mind has any power at all, it is within the realms of vision, decision and directive. Thus we should not leave the mind idle and passive, but should keep its powers useful and active so that we may work most constructively with our time and resources.

The outer state will always reflect that which our inward state secretly harbours. Nature is never dishonest. We may not enjoy our life circumstances, but the fact is, our present state of affairs is a clear reflection and crystallization of our thinking; not a fault of Nature. If we have a

negative disposition, we are thus weakened by that disposition. Positivity will always strengthen, negativity will always undermine. In order to free ourselves from mental slavery, we must re-direct our conscious efforts and thoughtful energies toward cultivating the greatness within us.

Rooted in Thought

Thought is the bringer of circumstance. Whether we're aware of it or not, we re-enforce our life experience through thinking, for good or for bad, thought makes it so. Our life scenario is rooted in thought. If you want to change this scenario – your thinking must change first. Our ability to think is essential. A weak mind with a clear goal is better than a great mind without a goal. The average person does not use thought constructively. The modern mind is being used primarily to seek pleasures and quick fixes more-so than anything else.

Mental Resources

Thought is a great and potent force. Mind is a powerful generative faculty. The mind can bring into our imagining anything that it so desires. It is mind that provides the blueprint for all our worldly works. Our entire man-made world is crystallized thought.

We each possess a great reservoir of mental resources which for most go untapped, and remain asleep. Many wish and hope upon their greatness, but rarely actualize its material equivalent. Thinking without action is like a rocking-chair. The chair moves a great deal but never gets anywhere. It's far more necessary to save our efforts for those things that we really want. There's no need to spend precious mental power

on how things could be, and how things might be. Leave chance to the lesser minds, and cultivate an invincible will and intent.

Bringing thoughts into Reality

The mind is like water. You cannot expect to hold a single idea forever as it soon slips away. The only way you can successfully save the water— is to freeze it. Thus our thoughts must be crystallized into physical substance by our creative action. First have the thought, and then act upon it. Through the process of condensation, we bring our thoughts into the world. The more you externalize your thoughts through direct intent, the better you become at making decisions and bringing about the circumstances you desire. Your mind reflects whatever you feed it. Be aware of what you let into your mind.

The Master Mind

We are always in control, even in our lowest state of being. Nature wants us to live and thrive in harmony. She is doing the best she can. She keeps our hearts beating, our lungs breathing. She continues to produce the food of the earth. But if we attempt to live against this natural flow, our lowest state will persist, and nature's demand for our harmony will become more and more radical in the correcting our disharmony.

The Master-Mind is a constructive Mind. Ultimately, a free, and open-Mind, that caters to a wide-range of possibilities, insights, ideas, perceptions, questions, and responses to life. The Master-Mind has the ability to penetrate the deeper meanings of

self and the world, reaching to the heights of true inspiration, wisdom, and insight that flow naturally into the elastic, flexible and receptive Mind.

Once the Mind is able play with various levels of perception and thought-forms, gradually, and naturally, our awareness begins to tune itself toward the higher purpose of life, and the reception of greater inspiration that is drawn forth from the infinite stream of potential that pervades our universe.

I find it a great misuse of effort in trying to overcome the Mind like so many teachings advocate, that the Mind is a by-product to be exiled from our experience. Those mind-ceasing practices have their place, but they certainly do not belong in

our daily lives when the Mind should remain constructive, creative, and positive, all of which require the mental effort to maintain, otherwise we drift into an emptiness that can lead the average person into a perpetual state of hopelessness. I feel it is far more necessary for the everyday state of mind to be cultivated to the best of its ability, usefulness, and efficiency, so that we become the captain of the mind who remains unmoved by negativity when it attempts to invade the soil of mind. We are no longer a passive observer dominated by the ebb and flow of an irrational, rampant, and uncontrolled mind; rather we are active participant in the infinite scope of the master mind.

The unfolding mind begins to understand the laws of nature, and works diligently to

align the whole person with those laws. This is the only way man can achieve inward and outward harmony.

The mind of man has become structured and regulated by his own inventiveness, conditionings, and ideologies. He has lost the nature wisdom which dictates the world he experiences. He has been slowly forced into a world-view that contradicts his universal potential and his true unfoldment.

To become a master of the mind is to be in control of all aspects of our being. A slave to the mind lives out only the downloaded expectations of tradition and society without question; twisting and turning to meet outer requirements. This is the state of most minds today. The observer within

us has seldom been able to make a clear judgement on the world presented. The moment we are born we're trained to see what everyone else sees.

Once we start questioning the world around us, and learning about ourselves, we reclaim a new dimension of awareness and power; progressively realizing the greater reality within us.

It is the blind acceptance of how things appear to us that seed ignorance and roots delusion; gradually dismantling the full inventory of mind.

No Longer a Victim

The mind constructs reality based upon the testimony of the senses. It is the mental coordinator in the brain that unifies this sensory input, into what we call reality. We are quite literally trapped within the walls of our own mind. But behind the projected reality, is our individuality; our power to direct that presented reality. We can work in this world as victims, or victors.

Excuses are always available. But they create victims out of us. If we want success we must work for it; there's no secret way around hard work. Freeing ourselves from victim-hood is the first step toward getting anywhere with our goals, dreams and life's mission. If our inner-dialogue is constantly a mixture of "but" "if only" "I can't"

"maybe", then no matter how great our intentions or how important our goals are, we have no chance of ever taking the first step.

There must be a tangible force inside of us that will not settle for anything less than what we're really capable of. All is Possible right now. Anything that has ever been achieved and will ever be achieved has always been possible. Right here, right now.

It is Nature's hope that we discover these potentials for ourselves; along with the difficulties, trials and efforts to become more than we are. The problems we face are the limits we have accepted. If you break the limits you break the confines that determine your life experience. If we avoid the necessary steps required for our

growth, we will be challenged over and over again by the same lessons in different patterns of experience until the path is cleared for further evolution. We must learn to overcome the inevitable obstacles that block the road to greatness.

Misplaced Attention

Everyone has inside of them the inner desire to become more. The problem here is, most people misinterpret this desire to become more, with the desire to get more.

It is essential that we figure out what we really need, rather than what we think we might want. Wants are fleeting, distracting, and transitory, our needs are essential, inherent, and have the power to heal us when achieved.

We each have a well spring of power, potential, and vitality which mostly goes wasted into the direction of things contrary to our needs.

The eyes are useless when the mind is blind.

We cannot expect to see things as they truly are until our minds have been trained to perceive, to a reasonable degree, truth over error. Until this foundation has been set with the stones of understanding, we will continue seeing the world through our own private constructs that are for the most part, built from sand; which may or may not invite matter-of-fact reality to come into our awareness.

The individual seeking to know Truth must prepare his mind, body, and emotions for the reception of Truth. There is always Truth to be found in each moment of daily living. We can observe the justice in our actions and how that impacts life around

us. We can witness the sharp offensive word to someone who wronged us. There's always a chance to learn more about ourselves and the consequences of our existence and the activities of life in general.

The more we observe, reflect, and aspire to correct ourselves in terms of living beyond our limitations, the easier it is to see Truth and Error in plain sight, and to strive daily to align ourselves with the most balanced, harmonious, and constructive way of living, with ourselves and the world around us.

If we have a Hero we look up to, someone who inspires greatness in us, we can call them into our minds and hearts in times of need. Simply ask this question when facing a challenge: "What would (.....) do?"

This can be a powerful affirmation and motivator in taking action when our own resources may be in need of a nudge. Whatever area of life we're interested in, there are always inspiring figures we can call upon for extra strength and courage.

A Descent into Madness

The mind of man is a tool, an instrument, a very useful device indeed; but it has not a soul. The descent of a many individuals into hopelessness and despair, who, held hostage by their own minds, fall to their knees and give away their soul power to the false god within; a deceptive, egotistical tyrant, that forever seeks out loopholes within the personality to exploit and exaggerate, taking the individual captive within its own nature.

If our minds become subject to ill-thoughts, mental sickness, or depreciation, then the mind rapidly permeates its sickness, contaminating the entire being, and extending its poison into the external world. The subconscious mind cannot

reject an incoming seed. Whatever the conscious mind believes, and holds to be true – it's absorbed in the soil of the subconscious and will begin its growth and vigour.

If our conscious minds are used constructively, and we do not allow our minds to hold that which is against our best nature, then the mind remains safe and secure within our most ideal nature. A mentally sick person has a deep, unforgiving ache that has short-circuited the mind's ability to see beyond the level of sickness necessary to emancipate itself from its self-imprisonment.

If this sickness reaches the heart – profound changes may occur which will alter the very nature of the individual. Only

a positive force corresponding in strength and magnitude can redeem such a lost soul, but unless the individual accepts their madness and opens their heart willingly, the light does not exist to a blind heart. This silent agony of the soul so often leads the individual to end their own life. The light of positivity has the power to free us from physical, mental, and emotional sickness, but we must be willing to receive this light.

Just as there are those that shut their eyes to avoid seeing the light, there are those also who closed their hearts to avoid feeling.

Train the mind against negativity

The only thing stopping us from actualizing our greatness is our Mind. The inner conversation we have daily with ourselves, and all those voices of everyone who ever said, "You can't do that!" "You're not good enough!" "You'll never make it!" Let these negative thoughts and voices serve as a reminder of where we don't want to end up.

Whenever a negative voice tells us that we're not good enough, thank it for reminding us not to become a negative voice in someone else's head. If we can radically change the way our minds work, then our life must change in accordance with it. Because Mind is all and all is Mind.

Purifying Negative Thoughts

Self-critical ideas and beliefs cannot be impressed upon the subconscious mind against its will unless our conscious barriers are down. It's when we give in to criticism that weeds take root in our subconscious, thus it becomes a part of our belief system, which then determines our active consciousness. The subconscious mind is the soil in which the conscious mind plants the seed--whatever you plant will grow.

The Contradiction Method

An effective way to purify negative thought patterns is to create an affirmation that contradicts the negative belief, and to also carry out activities that contradict the belief system. I figured this method out a few years ago in a time of great despair, and it really helped me out of a dark place.

An example of using this method would be, if I say to myself “I’m a terrible writer. I can’t write more than one hundred words, I always fail to do so.” The contradictory affirmation to use in this case would be “I am a confident writer. I can write hundreds of words without breaking a sweat. I now see failure as a valuable learning experience, and opportunity to grow.” This statement is far more empowering than the

former affirmation. The activity following this would then be to write as much as possible, without a specific outcome in mind, just to keep writing in order to re-wire the belief that I can only write up to one hundred words. You'll find very quickly that you're re-programming your subconscious mind with your conscious effort, and the results can be immediate.

You can use this method for any belief system, or self-critical ideas you have of yourself, it's very effective if you really work with it – it's an essential therapy in my life for sure! Just remember, whatever we affirm to grooves deeper into the sub-conscious, and becomes harder to reverse. So make sure what you habituate is worth keeping.

Another great way to train the mind, and attaining a greater sense of personal power, is to become a habit pattern interrupter. Some of the greatest insights come from outside the comfort zone. Always be willing to question and challenge the way we do things.

The limits of our minds are usually not limits, but stagnant programs operating just below our conscious awareness that keep us in a particular mode of living. Therefore if we feel trapped, and lost within the walls of own limitations, we must take a long break and examine the significance of our comfort zones and how they are actually shaping us.

Our daily routines should be building us up, not breaking us down. Therefore, this distinction is a reliable indicator in letting

us know whether or not we have got pressures bubbling beneath the surface that want us to change direction.

Once we've interrupted these habit patterns with our conscious effort, then we begin to untangle the many hidden knots within the sub-conscious mind, and revive that sense of personal freedom, and the trust within ourselves to know that we can change our lives whenever we desire to.

I hope this work served you in a positive way.
Thank you for reading.

Now the true work begins: applying the
knowledge!

Good luck.
And live life alive!

Charlie Bradford

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