

Active thought hygiene

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All the thoughts that run through our mind all day long - the permanent inner monologue is an expression of what we think about ourselves and our world. Wherever we direct our attention that is charged with our energy and then uploads itself, like an activated computer program - into our experience of reality. If our experiences match our wishes, needs and abilities it is wonderful, but if that isn't the case it's advisable to change the "software":

First, it is important to watch and listen to yourself what you are chatting to yourself internally – and sometimes externally (for instance when we drive a car). Become aware of what that does to you. It usually already begins in the morning:

"I wished I had slept better...I feel wrecked...and now the damned toothpaste is empty...and where is my other sock...I ought to buy new socks...and go shopping. Damn, I hate going shopping, especially clothes...whatever I like doesn't fit me and what fits me, I don't like...and it will be hellish expensive anyway...and now I have a meeting with X – it will be futile, yet again. He is simply an idiot – there is nothing to be done about it...I know it's going to be just another shitty day!" etc. etc.

This day truly has little chance to be experienced as delightful. But for the day to even get the chance, the train of thoughts should run something like this:

"What a great day! I'm sure it's going to be wonderful! I didn't sleep too well, but with a good shower and a nice coffee (or tea or smoothie...) I will be super fit. Oh, and the toothpaste is empty – damn. Well, nevermind. I might have some more in my travel bag and if not, I will thoroughly rinse my mouth and direct myself herewith to remember this later on when I'm in the supermarket, that I need new toothpaste. And the second sock is hiding well again...it's time that I get myself nice new socks...I'm not too fond of shopping, especially when it comes to clothes! But I'm open for that to change! This time I will go in stores where I like the clothes and first look on the reduced rack and also will keep my eyes open otherwise – who knows, maybe something surprising shows up that is well affordable, pleases and suits me! I now open myself to that! And I'm about to have meeting with X, he is an idiot alright – ouch, delete that! – X and I don't get along too well, but I herewith ask for an idea so we can finally communicate productively. There must be a way! I choose, to find it! I'm curious what this day is going to be like! I frankly have no idea yet, but I'm open to it becoming a great day!"

To move from the permanent inner nagging to inviting the unfolding of the highest potential requires a willingness to change, patience, leniency towards yourself and frequent exercise: for pessimism and optimism are also a habit to a certain degree!

Furthermore it is helpful getting used to a few helpful phrases: If you catch yourself criticizing yourself or others you can say "cancel that" or "delete that" and find a more positive expression. It is also vital to place everything into rather positive lighting. Choose more friendly even humorous expressions that seem emotionally appropriate. And if you are in doubt, you can insert an "I'm opening myself to it." to at least allow a positive change of direction of life... That is good for your nerves and your health. The life affirming expressions slowly but definitely change your inner attitude and consequently your outer experience. Furthermore it's advisable to develop a habit to regard everything with more humor and love and to smile more. That is always better than frowning – and nagging with an honest smile is absolutely impossible!

This exercise can be freely shared – may all of us learn to enjoy our life more!