

Psychic Self Defense Basic Principles

- I. **What is thought? Thought is a series of words that pass through our awareness whenever we are awake. These words are often combined with feelings or emotions. One image is to see our thoughts as a train of words/feeling packets passing through our awareness. Another illustration is that each of us is in a movie that is made up of our thoughts, projecting a personal reality all around us.**

- II. **Thoughts and feelings are connected. By controlling our thoughts, we can create the kind of feelings that we want.**

- III. **Types of thought - There are two basic kinds of thought.**
 - A. **Original thought – these are thoughts that are new or original.**
 - a. **Examples**
 1. **Learning a new fact**
 2. **Insight – suddenly understanding something.**
 3. **Deciding to do something new**
 - b. **Original thought is always good. Original thought should be encouraged.**
 - c. **Original thought usually makes up a small percentage of the number of thoughts we have each day.**
 - B. **Repetitive thoughts – these are thoughts that repeat themselves over and over. This is also called ‘mental static.’**
 - a. **Examples**
 1. **Repeating an argument in your mind with another person**
 2. **Worrying and regret are examples of mental static**
 3. **Mentally beating up on yourself for making a mistake.**
 - b. **Mental static is always negative. It should always be avoided and stopped.**
 - c. **Mental static drains a tremendous amount of energy**
 - d. **For most people, most of their thoughts are repetitive.**
 - e. **For the most part, ‘mental static’ takes place in the past or in the future.**

IV. Exercise

A. Original thought

- a. Describe an example of something new you learned this month.**

- b. Describe an insight – a new awareness about yourself or your life.**

B. Mental static

- a. Describe an argument that you had in your mind with someone.**

- b. Describe an example of repeating thought that took place in the past.**

- c. Describe an example of repeating thought that took place in the future.**