



## Why Control Repetitive Thought

- I. Repetitive thought does not have any positive use? Why do we have it?
  - A. Our ego-mind (the flow of thoughts in our head) wants to continue to exist even when there is nothing useful (original) about which to think. It does this by repeating a set of thoughts over and over. This allows our ego mind to stay around even when it has no function.
  - B. The ego-mind uses time – projections in the future and the past to do the repeating (mental static). Without thoughts about the future or the past, the ego-mind would be forced to slow down and stop.
  
- II. What would happen if the ego-mind stopped? We would then experience our natural mind.
  - A. Our natural mind is always there, but we don't experience it because we become distracted by the drama created by the ego-mind.
  - B. The natural mind mostly witnesses what is going on in the moment. Because there are no thoughts, there is no stress when we experience natural mind
  - C. Because there are no words, everything is evident, there is no time, and we feel very safe when we discover how to experience life through our natural mind.
  - D. Since there is no experience of time with natural mind, we cannot experience fear. The experience of fear requires future thought. That is why we experience profound safety

**when we stop our thoughts. Nothing is important.  
Everything is important**

- E. Because things are clear, it is very easy to see other people's motivation, the sort of games people play, when we witness the world from natural mind.**