



WEDNESDAY, MAY 27, 2026

Start Thinking for Yourself and Stop Sinking into Painful Thoughts and Feelings

Original Talk Date: June 14, 2017

Key Lesson: Being renewed by Life, and beginning your life all over again are one and the same interior action: it starts with becoming aware of, and then bringing a conscious end to all lingering relationships you may have with old thoughts and feelings that want you to keep seeing your life through their eyes.

Talk Takeaways

- If you are in a negative state, inwardly ask yourself whether you are better off or worse as a result of that state. Asking that question creates a momentary separation between you and the state. But the problem is that we don't remember to ask the question.
- Full awareness of yourself includes the pain of the tension, includes the temptation that is there to blame or judge. In bringing those things into awareness, you are no longer the captive of them.
- There are two possibilities in every moment: being aware of the thoughts that are passing through you, or allowing a nature that you are not aware of to do your thinking for you.
- If something is doing your thinking for you, then here is what has to happen: You have to think for yourself. Thinking for yourself means that you are not carried off by thought.

- When you are negative, you are sure that you are in command and that it is you that is doing the thinking.
- Being led along a familiar line of thought is not the same as thinking for yourself.
- In order to be free to think for yourself, you are going to have to begin to understand what your "self" is.
- In order to think, you have to be able to see. Presently you think FROM thought, instead of thinking TOWARD what thought shows you.
- The nature that is in pain hides itself by producing an explanation for the pain.
- Your mind likes to walk along the known trail of thought.
- To think for yourself you have to become aware of your thoughts instead of being identified with them.
- When pain incites thought, thought does not care for anything in its way. All it wants is to escape from the pain.
- A stampede of thoughts acquires authority over you by getting you to believe that you are one of those thoughts. You become one of those thoughts at the moment of unconscious identification.
- You don't have to run with the stampede of thoughts. Let those thoughts go on without you. Catch the temptation to run with the herd.