

## **It's All in our Minds.**

Often when our thoughts are cluttered, they take up space in our minds. These muddled thoughts preoccupy our minds and is like taking up valuable space free of rental. Such thoughts can be patronizing and menacing. How then do we get rid of such futile, wasteful and worrisome thoughts?

The spaces in our minds are precious; priceless even. Therefore, we should make full use of these spaces for useful, productive and innovative thought processes. When confronting difficult people or horrifying circumstances, our minds will be disturbed by images of problematic and chaotic scenarios. How do we get rid or at least compress such unpleasanties from our minds so that we will have space for more important and positive thoughts?

One proven way of overcoming such preoccupying thoughts is to take action to resolve whatever matters that are disturbing us. Take serious actions to overcome the impasse. Once there is a solution to resolve the matter, the menacing thoughts will automatically disappear from our minds.

However, certain matters cannot be overcome so easily. Emotional problems require strength to handle. It also helps if we write down in details our feelings, wishes and thoughts. Time heals all wounds and

lessens the intensity of bad feelings. At the same time, confiding our heartaches and headaches to our trusted buddies will also help ease our own burden as well. After all, a trouble shared is a trouble halved. As such, our minds can become more at ease. Keeping cluttered thoughts to ourselves for long period of time will drive us to insanity or at least, our brains become less effective. At times, we are waiting for someone or something to nudge us into action to get back on track again. With this nudge, it makes us feel good, wanted, and appreciated again.

However, the someone or something may never arrive or take a long while before it materializes. Do we then stay idle in the mean time? Why don't we make ourselves feel good by boosting our own ego? We can make a commitment to ourselves to do things that will give ourselves a boost. Reasoning it out by ourselves may also be another way out of the woods. Try to open up our minds to positive and pleasant thoughts so as to squeeze out unpleasant ones.

Dear Penfabricans, have a wonderful weekend. Remember it's all in our minds. How do we wish to make our minds work wonders depends on how we feed it with positive and pleasant thoughts.

Thank you.

With kind regards and best wishes from Tokyo.

HSTeh.