



## Early Warning Signals About Our State of Mind

It is likely that during our adventure across America, we might get into a low state or quality of mind. So what can we do about that? We can help ourselves, and we can help each other. Firstly, we need to spot that we are entering a low state. Sometimes we will see that but often we won't. So awareness is key...

### Spotting the invisible

Spotting your low quality of mind? – What are we missing? Sometimes it is really obvious, because you are feeling low and grumpy and you realise it is you, even though you might have a slight thought that it is something outside of you (your boss/bank balance/the 12% gradient). So that really helps knowing that (see tips below about 'then what'). But how about when we don't know, maybe others spot it about you, and you reject it, or quite simply you are not feeling resourceful, energised and happy, but it doesn't look like it is anything to do with you. How do we spot what we can't spot.

Why is it useful to know? Well apart from wanting to feel better, it might be that you're making decisions, changes, or corrections at a time when you're not seeing life clearly. So there is no point trying to adjust the setting on the TV screen if the aerial isn't plugged in properly

## Here are 10 intuitive signs that you might be in a lower quality of mind than you thought.

### 1. *You feel bound up, anxious, or angry.*

Feeling out of options, indecision, and volatility are all clear-cut signals that your head is jammed and viewpoint temporarily blurred. A bad feeling is the normal by-product of an excess of thought—it is not related to the events of your life.

### 2. *You are judgmental of others.*

Judging is the effect of a low state of mind; it has nothing to do with the actions of other people. From a high state of mind, you'll have compassion and understanding for the same person whom you'll judge or disrespect from a low state of mind.

### 3. *You are blaming your circumstances for the way you feel.*

This is a very clear sign of low quality of mind. Although most of us don't know it, the world only works one way – inside out, everyone perceives their experience of the world from the inside-out. The way you feel about a circumstance, environment, or event is solely determined by your thinking—which continually ebbs and flows. That's why you'll perceive the same circumstance differently from moment to moment.

#### *4. You take things personally.*

From a low mood, we take things to heart; we're sensitive and defensive. From a high mood, innate resilience flourishes. It's okay to feel vulnerable. Just don't forget, your feelings are a barometer of your thinking, not a barometer of your circumstances and life.

#### *5. You are intimidated or afraid.*

Fear is an intuitive signal. When fear is real, we instinctually respond in the moment—with no thinking tension, or worry. If you're thinking about another person or situation and are intimidated or afraid, then what you're thinking is a self-created illusion born from a momentarily low psychological perspective.

#### *6. You are trying to think positively.*

Negativity is a fundamental part of the human experience. It's simply a guide. Those who understand the arbitrary nature of thought would never try to change or fix their thinking. If you combat wayward thoughts by trying to override them with positive ones, you will only energize and prolong the negativity.

#### *7. You are focusing on your deficiencies and not your health.*

Waging a continuous battle to overcome your apparent deficits is like fighting a paper tiger.

#### *8. You believe that you'll feel better when . . .*

External events or milestones have no ability to regulate your level of satisfaction or joy. Your state of mind creates your experience; your experience (fortune, fame, health, or lack thereof) does not effect on your state of mind. Remember, if allowed to sit still, a glass of murky water always becomes clear.

#### *9. You notice your thinking.*

Productive states of mind are the result of fluent or undetectable thinking. Contentment, consistency, and excellence spawn from intuition or insight—never the intellect.

#### *10. You are practicing awareness.*

Often, this final sign is misunderstood. If you practice awareness, mindfulness, or acceptance, you turn a built-in process into a forced strategy or technique—and all strategies and techniques require more thinking. Like trying to will your stomach to digest your food faster. Understanding that there is a direct connection between your state of mind and how you view the world is the key to productive behaviours and decisions.

**Also Read this [article](http://www.huffingtonpost.com/michael-neill/mind-turtles_b_7258452.html) by Michael Neill on 'Mind Turtles'**

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## What do I do if I realise I am in a low state of mind?

The true answer to this is 'nothing specific' because the human system has an inbuilt capacity to restore itself to clarity, however it is worth bearing in mind the following. (Now please note this really works when you see it for yourself. So this is 'a *direction to look in*' not an order, or a step by step guide to blindly follow).

### *1. Remember that lows are normal and random.*

Feeling down is not a problem. Believing that feeling down is a problem—now that's where we run into trouble. Sure, the self-help world overwhelms us with what we're supposed to do to counteract our errant thoughts and feelings, it screams at us to take action. But the opposite is true: Psychological lows are normal and there's nothing we need to **do** about them.

### *2. Stillpower is better than willpower.*

From a clear state of mind, life feels unobstructed and productive. From a cluttered one, we feel the urge to grind ourselves through our self-created obstacles. Keep in mind, if you try to fight through clutter (willpower), you give wayward thoughts and feelings the attention they need to grow. When you don't (stillpower), these thoughts and feelings wither away on their own.

### *3. The potential always exists to see life differently.*

No matter how bad things may appear, as new thinking arrives your "issues" will soon make sense. It's a given that, left alone, your feelings and perceptions will ultimately improve.

### *4. It's THAT you think, not WHAT you think.*

We're always thinking. When we struggle, we notice our thoughts. When we excel, we don't. The next time you're thinking negatively and are tempted to force positive thoughts into your head, reflect on this: Peace of mind occurs absent of trying or even doing. If you're wilfully fixing your thoughts, you're going about things backwards.

### *5. You can still excel from a low state of mind.*

This reminder is almost always misunderstood. It is not necessary to be in the perfect state of mind, or "the zone," to excel. In fact, chasing the zone will lead you further from it. Regardless of your mind-set in the moment, get out there and play—leave your level of clarity up to nature.

### *6. No need to fix anything*

The human mind is designed to self-correct to clarity. Taking time to correct problems when you are in low state is always a waste of energy. Why? From low states of mind, no one sees life clearly, so what exactly are you fixing?

### *7. Your circumstances cannot cause strife.*

"Problematic" circumstances are not the cause of strife; they are a symptom of it. From a low state of mind, everyone perceives their circumstances as challenging. From a high state of mind, the identical circumstances are a breeze. It won't feel like it when you're struggling, but the conditions of your life are always neutral.

## *8. There's no need to cope.*

Your innate resilience is always at work. Just like your body is designed to heal on its own when sick, your psychological immune system is wonderfully capable of healing a disquiet mind. Stop coping with temporary perceptions that are bound to change. If you take your foot off the gas for just a minute, your power to self-correct will flourish.

## *9. Someone else's self-help strategy will not help you.*

If you take an expert's tips and techniques (including mine), and mix them with your own inner wisdom, what you get is a mixed up over thought perspective. The answer to any dilemma rests within you. Once you start to appreciate the direct link between your thinking and feelings (and that there's no link between your circumstances and feelings), and the urge to look outside for answers will become less and less. So as I mentioned, what I am saying here is a direction to look in so you can see for yourself.

## *10. Even when it's dark the sun is still shining.*

It happens to all of us. Our thinking sometimes darkens our day. But our innate ability to ascend to clarity and consciousness is always present. Provided we don't interfere with the system, the sun will be shining in no time. When you take meditative timeouts in order to deal with wayward feelings, you're giving energy to, and even fortifying, problems that don't really exist.

\*My acknowledgements go to Garret Kramer author of Still Power