

# The Yoga of Mindset Course

## *Section 1: The First 2 Tools and the Development of Willpower*

### Lesson 1 - Compact

Dear Friend,

Since we all want the life of our dreams, why don't more of us have it? It is because we don't understand the connection between our thoughts and the most basic way that life works.

Whatever thought we are thinking in each moment IS what we perceive and experience in the exact same moment that we are thinking it. **This is the most basic way that life works.**

Even though thoughts are invisible, they are real. Have you noticed that when you think a happy thought that you feel happy, or that an angry thought upsets you? The thoughts we think the most often become **hardwired** in our brains, and since we only ever experience what we are *thinking*, we mostly live inside past patterns of thoughts and feelings that we already hardwired.



Think of hardwired thoughts like long channels that catch and funnel all our brain power toward that thought like a mountain lake sending water to the rivers and streams below. When a thought becomes hardwired, it also hardwires its *feeling* along with it.

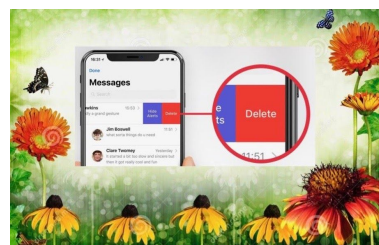
Our minds hardwire both positive thoughts AND negative thoughts. Our mind doesn't choose which thoughts are good or bad for us. It keeps them ALL. **And this is why we suffer.** We allow any thought or feeling to get planted inside our brain.



Once we have had a thought enough times, our brain covers that pathway with a white fat called Myelin, and it becomes fast and automatic (*a belief*). So, we can get really good at being negative and feeling bad. And because we planted that thought and feeling by thinking about it repeatedly, it is a seed that **MUST** show up later as an unexpected, automatic negative reaction.

Almost everyone will choose to blame their unhappy feelings on someone else for causing them to feel that way. It's not true. The feelings came from *inside* us. And this is why we so few people ever have the life of their dreams. We keep looking for the cause of our unhappiness *outside us*, but it always comes from inside us. So, we miss it.

**Tool #1:** “Delete.” As soon as a negative or unwanted thought appears, silently say, “Delete.” If the thought comes up again, repeat “Delete” and “Trash.” Use this so often that it becomes *as natural to you as breathing*. Your mind is like a garden filled with flowers of positive thoughts and the weeds of negative thoughts. Pull out the unwanted thoughts **as soon and as often** as they appear in your mind.



**The #1 most important thing** is to listen to or re-read any part of your lesson **every single day** for the next two weeks. **The second most important thing** is to practice your tool of deleting your unwanted thoughts until it feels *as natural to you as breathing*.

Only you can be the gardener of your own mind. No one else can ever do it for you.

Your Friend,

Mr. Steffen