

The Yoga of Mindset Course

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

Lesson 3 - Compact

Dear Friend,

Ask yourself: **Is it always true that whatever I think is what I perceive and experience in the exact same moment that I am thinking that thought?** Write this down on a piece of paper and carry it around. It can be very hard to remember to ask yourself this question. But the answer to it holds the master key to all our dreams.



Watch how any thought will create your experience for you as soon as you think it. Everything you perceive and feel in every single moment comes from whatever thought you are thinking - *in that moment* - even if it is not really happening! For example, have you ever been suddenly frightened because you saw something, but then realized it wasn't really what you thought?



Our brain doesn't know the difference between what's real and what's imagined, so for as long as we believe a thought to be true, it has power over us.

Here's how it works. We see something happen and think that *we are only thinking* about the thing we saw. But what we think we saw in that moment is so colored and changed by our own past ideas and feelings about it that in a split-second we have projected our own ideas onto that thing (3). It's now colored, and no longer appears to us as it truly is.

Our ideas and impressions about any person, scene, or situation come up as a thought in the exact same moment we are seeing it happen. We are seeing and feeling whatever we are THINKING about that situation, not what is really happening right in front of us.



This brings us to our engine. Without an engine, we drift like a raft on any current that pulls us. Without the strong engine of willpower, many people continually get pulled into difficulty after difficulty, never understanding why. To imagine that life

will give us ONLY what we like, and magically keep away what we don't want is like a sandcastle hoping it will always exist. All it takes is one good wave for it to disappear.



Understand that willpower is a muscle and must be exercised to grow. In order to create our dreams into reality AND not lose them to the first crashing wave, we have to develop the muscle of our free will. One way we exercise willpower is remembering to make an effort to delete unwanted thoughts and get them early.

Tool #2: Get the bud. Timing matters!



It is much easier to remove a negative thought when it first forms than after it has been allowed to grow strong. Just like a tiny sprout an inch high is easy to pull out, so is a negative thought when we first think it. But if we don't get it then, it becomes harder to remove as it grows. If we just notice it when it first appears, it is almost effortless to pull it out by the roots!

Your Friend,

Mr. Steffen