

Building fun

The Thought Cycling

Mind field

Our mind is a great tool. The obstacle is often a manual. The question is: 'How can we use this great tool if we don't know how?'

We can start reading and learning from people that show us how to maintain a lot of fun every day. We can simply model them.

We can learn on courses and met great people there. It might be a challenge finding the right course, I know. But if we learn at least one thing it might worth to follow that course.

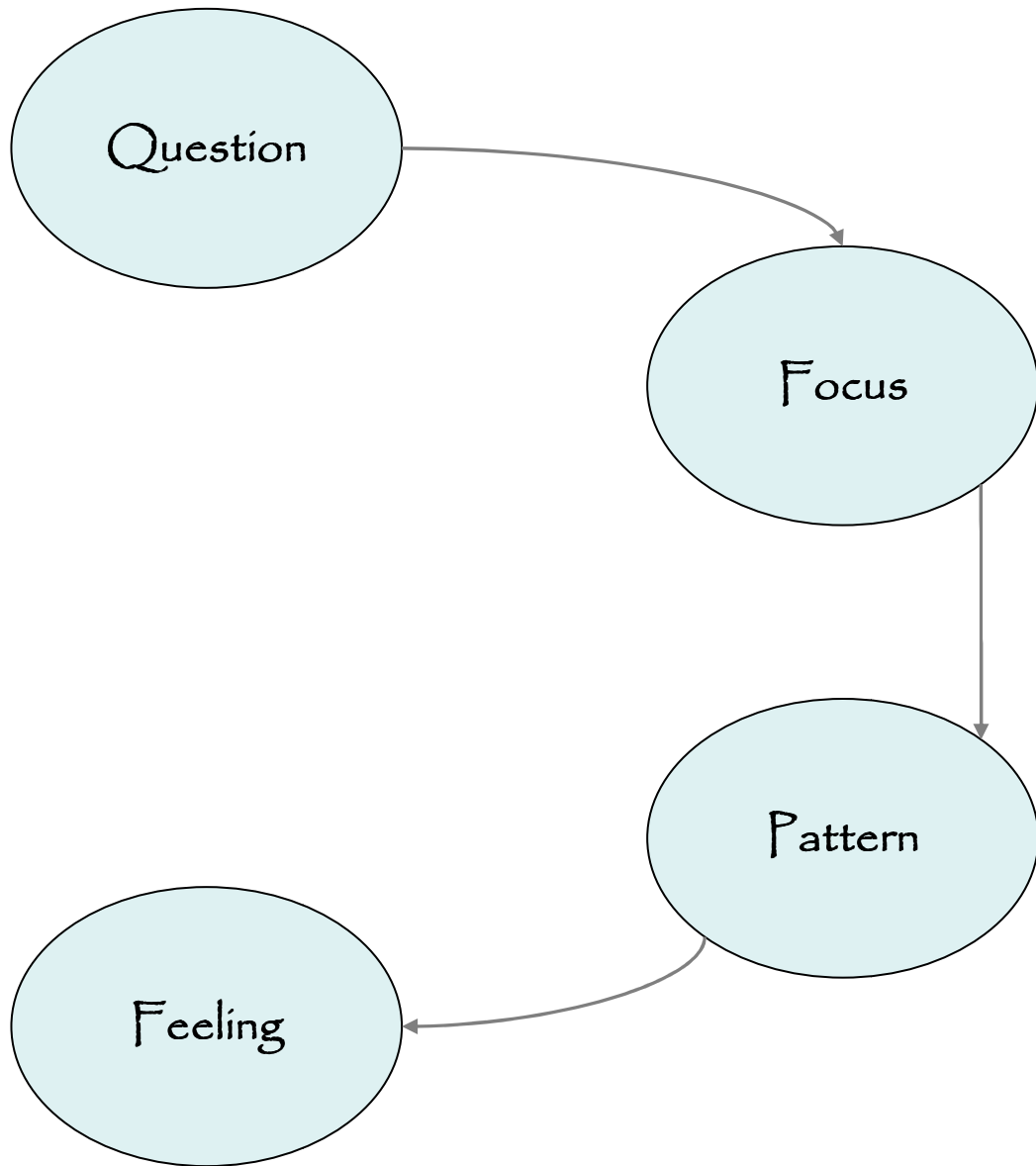
What I can share with you is a basic of how mind works. From what are the inputs to what are the outputs. You can later then test it and modify the model so that it fits you. This model is general so everyone should make some tunings in order to work better.

Mind phases

1. I initialize my thought cycling by setting a certain question. That's the basic kind.
2. Next the thought cycles through mind focusing (on what I pay attention).
3. It stops for while in the third phase, that's mind pattern. Mind pattern is a general name for mind value, habits and rules. It works as a processor and helps adding some extra clothes to my thought.
4. In the last stage my thought get total benefits from pattern – this is the colorful feeling.



Thought cycles through the mind



In this basic scheme I don't stop on deeper explanation. But for a bone I can tell you there is another possible start. It's not that we push the cycle with the thought in it (probably you also don't push your child when learning how to ride). There is a 'routine' start or we can call it reflexive start. It happens when we suddenly react as we do without setting any question. To understand this, the picture of how internet search engines operate is helpful.

Search engines

You write a word to your friendly browser and you get numerous of answers. There are answers appearing in the first page and there are answers appear later on. We can find some similarities here also. But a bone I mentioned above talks about routine. Imagine this, you open your kindly browser and type a word. You then get sponsored link early at the beginning of the result list. How and why? It just because someone set this way before you typed the word. So the idea here is the result is already set up before we approach to the case.

Similar to this story we can say about the routine start of thought cycling. The question is already based and that's why we gain just the result – the feelings. For example, when drive on the road regularly and suddenly someone drives approaches directly toward us we yell on it and send it in lousy places. That happens spontaneously without setting any questions, right? But it wasn't always like that. Let's give this example a brief scenario way in the past. When we were kids, we learnt patterns from people around us. Once we were went on a vacation and as a kid we sit in back sits. Then some 'crazy' drive suddenly appears in our way going towards us. Nothing happened. Nothing, except the loud yelling and naming the driver as a crazy driver. That all it took for us. We got the pattern. Probably we repeated similar situation many times so that the pattern get anchored well in our mind.

Our mind is so useful that we don't need to repeat the same question on and on if we already know the path because we have experiences. And that's why in above story we don't need to set question in the situation that we know. It's like a shortcut. We do the shortcut by a routine start of cycling. That's it.

How can I use this cycle

We can learn on this 4 phases and when we know how they work, we can use it in order to build fun.

- First we can learn how to set question. There are great questions that help us to gain pleasure (highly vibrated energy or feelings). We call these questions empowering questions. And there are disempowering questions that bring us excuses instead of



great results. If I say: 'Why I can't do this work?' I have set a lousy question, right. What do you think my 'search engine' will list me? Well I can get something like: 'Because you are stupid. Because you it's too hard for you. Because you don't like this.' Answers are poor if I want to solve the case, right. But if I ask: 'How can I do this? Where can I search for help? What are the options to solve this?' it looks much better, don't you think?

- Second we can learn about the focusing stage. We control focus by setting certain question. And we maintain focus, or we give more power to focusing when we have leverage big enough. That means we need a great reason so that we keep focusing long enough. It's not always important but there are cases when a great leverage helps us a lot. We don't give up if we know we have to do it (otherwise we get just bed feelings), so the motivation (leverage) is one of 2 most important elements in focus stage.
- Third we can learn about mind patterns. We set many patterns while we were still a child. We have learnt from parents, friends, teachers, TV and so on. Now we have many of those patterns anchored deeply in our mind. Some of them act as a rule, some as a value or a habit. There are also common ways or main streams that act as a pattern too. For easier understanding it's enough to call them patterns. We can change our pattern, of course. As we set them, we can also reset them. It's like a car's wheel. We call this resetting a transformation of mind pattern. It's similar to computer files case. We have files in directories and we can delete them or we can add them. That's the basic story.
- Fourth we can learn about feelings. I haven't done much on this case yet. When the thought comes out of pattern processor I get feelings. To me that means I can feel pleasure feelings (it's high vibrated energy) or bed feelings (low vibrated feelings). If get the low one, than I want to change something. That means I can even change question or the pattern. Or, if I don't want to make changes, than I need to accept it or get new experiences. However I don't change feelings. I might learn something new in this case otherwise I will understand felling as an ultimate result. Enjoy it, because the cycling was exciting, or change or get new challenge.

When we understand our mind we can explore new life games with much more enthusiasm. It brings us more fun when learning new things and when exploring life paths.

You might say we are spiritual entities and we can't control our life. My answer is we can control things we produce on our own. If there is rainy outside, we don't sunshine. I mean it on me to enjoy while watching rain drops falling down instead of staying in a bed mood because I intended to sunshine but now I can't. In the frame that is given (you can say from the creator or god or gods or the one) I act using what I was given – and that's the mind. I'm sure we have the best mind in this planet for some kind of reason. And probably the reason includes the option to use this mind for good. It's nice to pray but it's nice to build fun also.



