

How to stop believing everything you think

Mind Mastery → Inner Peace → Outer Power

An exploration of awareness, release, and intentional response through Zen, Buddhist, and Kabbalistic lenses.

NOTICE

RELEASE

CHOOSE



When will you finally be at peace?

Complete this sentence silently:

“I will feel more at peace when _____.”

Old operating system

Circumstances



Peace

When will you finally be at peace?

Then consider the deeper question:

What if peace is not on the other side of getting life to cooperate?

Old operating system

Circumstances



Peace

New practice

**Awareness → Choice →
Peace**

THREE LENSES, ONE PRACTICE

Notice. Release. Choose.

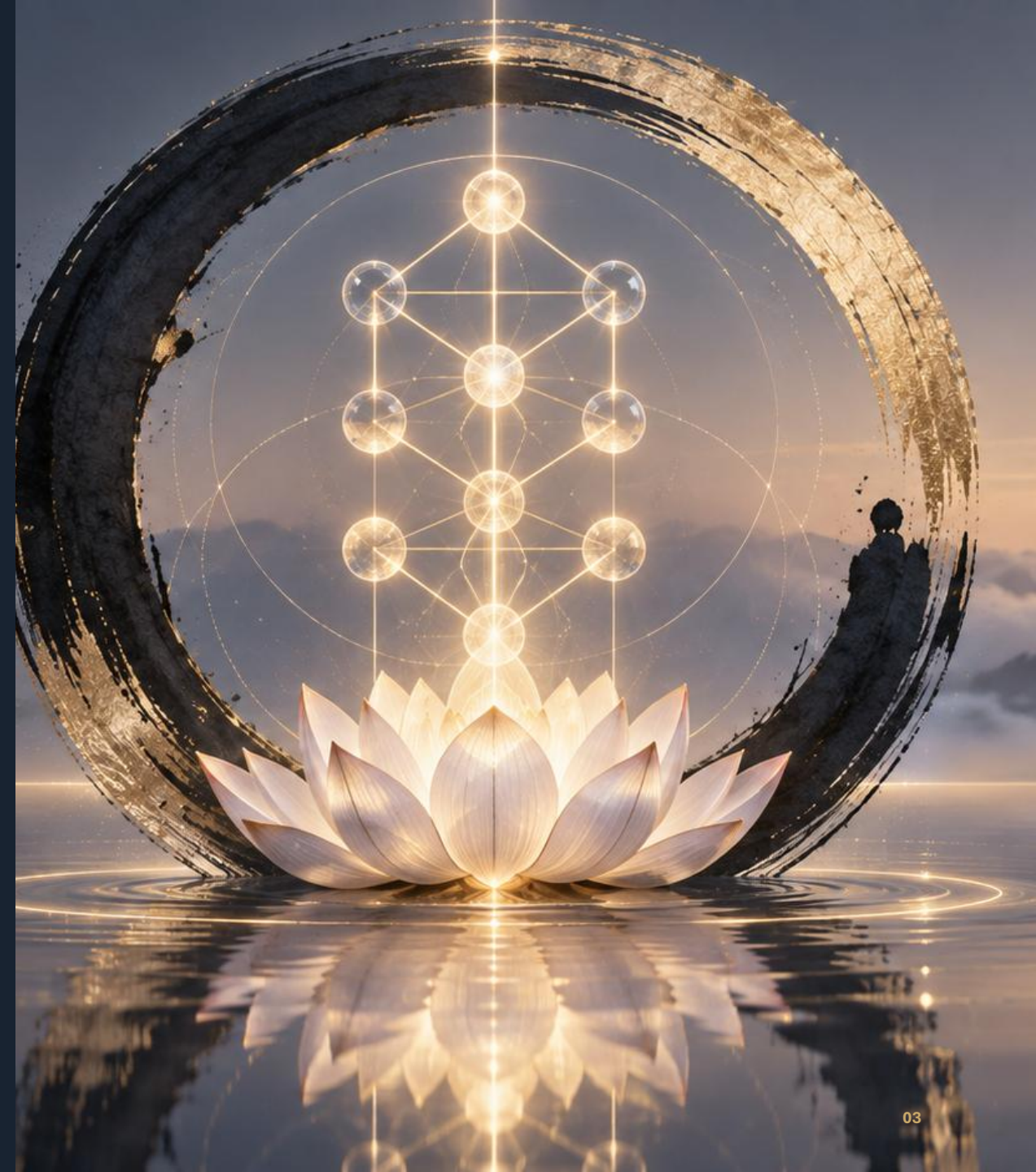
Use traditions & philosophies as lenses...

Zen asks: Can I be present with what is?

Buddhism asks: Can I loosen my grip on what I insist must be?

Kabbalah offers: Can I create inner space and expand my vessel for something new to emerge?

Mind mastery is the ability to pause long enough to choose.





MIND MASTERY / NOTICE

**You have thoughts.
You are not your thoughts.**

The mind produces interpretations, warnings, comparisons, predictions, and stories. The practice is not to eliminate thought; it is to stop fusing with every thought that appears.

Thought → Awareness of thought → Choice

Example - “I am failing” becomes “I am noticing the thought that I am failing.”

That tiny gap is Freedom.

What station is your mind broadcasting?

WORRY 101.5

All future problems, all the time. What If...

CONTROL FM 107.1

Thinking about it 47 more times will fix it.

REGRET RADIO 93.5

Yesterday's greatest hits.

2nd GUESS FM 87.3

Constant questioning of everything

NOT-ENOUGH 98.7

Commercial-free comparison.

PRESENCE FM 111

Broadcasting live, right here, right now from your Real Life.

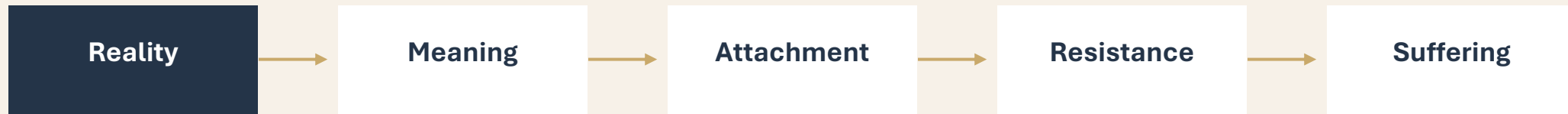
Ask: “What station have I been listening to lately?”

**Mind mastery isn't firing the DJ.
It's realizing you do not have to listen to every song – *Or you can change the station in an instant***

INNER PEACE / RELEASE

Pain is unavoidable. Suffering is the question. How do you avoid the 2nd Arrow?

A simple Buddhist lens: much of suffering is intensified by our mental and emotional response..... **grasping, resistance, and attachment** to how things must be.



Where am I currently arguing with reality?

Release does not mean passivity. It means not adding unnecessary struggle to what is already hard.

Clarity often comes from setting it down.

When the mind is activated, we often try to solve from the swirl.

Zen offers a different move: *stillness* first, then response.

Don't confuse agitation with effective action. PAUSE ⇔ PRESENCE



Inner peace changes the quality of your power.

Peace is not withdrawal. It is response flexibility: the capacity to act without being hijacked by fear, grasping, or old stories.



INTEGRATION

Apply it to one real situation.

Think of one thing currently disturbing your peace.
Then walk it through:

NOTICE

**What are the facts? What story has my mind added?
Remove Judgement.**

RELEASE

**What am I trying to control that is not mine to
control?**

CHOOSE

**Who do I want to be here?
What is the next grounded action, if any?**

**The situation may not change.
Your relationship to it can.**



Consideration → What if 'I don't know' isn't a problem?

WONDER

I don't know —
and I'm open.

AWE without needing an answer.

CURIOSITY

I don't know —
and I'm willing to
explore.

INQUIRY without needing control.

THE UNKNOWN

I don't know —
and I can still be at
peace.

PRESENCE without needing certainty.

Not knowing creates the opening → Curiosity enters → Wonder discovers that the opening has no obvious end.

The mind wants certainty. Curiosity asks a better question. Wonder keeps us open.

Inner peace is not a place you finally arrive at. It's what allows us to live before all the answers arrive → the place you learn to *Return* to.

NOTICE → RELEASE → CHOOSE

*Perhaps mind mastery is not knowing what comes next.
It is knowing you can meet yourself there... and when you falter, simply **Begin Again**.*