**Silencing Busy Mind

When the mind begins to run like an unfiltered septic tank, it begins to allow displeasing things into our overall system causing serious issues.  If we allow our thoughts to consume our every move and thought process, things can quickly get out of hand. When we allow our mind to control us, instead of being aware of how our thoughts and internal mind programs tend to default, automatically react and respond to things, it's like allowing a vehicle full drive control; some highly specialized vehicles are capable of self-driving and will probably make it safely to their destination more times than not, but there will always be that occasional collision while parallel parking. Wild mind is very similar, without proper observation and operation systems in place, unfortunate accidents are guaranteed.

When people allow reactionary thought to control and dictate what takes place within the mind and insist on responding to their own reckless and unprocessed thoughts, instead of evaluating the details of circumstances influencing the formation of thought entering the mind, people do themselves a huge disservice by allowing their assumptions, insecurities, resentment, unresolved trauma, control issues and a million other spiraling thoughts to then inspire and influence their behavior, reactions and responses; which normally leads straight to hell in a handbag.

The key to silencing busy mind and having the ability to better control our mood temperature and triggers, is knowing what we want, need and what we are willing to invest in the shifting of emotional gears running within us.  Why would we do this or care to pay attention to such experiences?  Happiness, peaceful mind, and overall emotional balance.  If you're regularly unhappy, there's probably an issue or perhaps several disconnections taking place within yourself or the environments you consistently find yourself within. If you desire a different reality, you must first do something different to create a new reality.

Observing our mind and interacting with our mind is a phenomenal daily practice that everyone can enjoy.  I love a daily mindfulness practice; I never leave home without it.  "It's simple exercise for the brain, it builds strength and character, confidence and happiness."**