

Are You Choosing or Are You Simply Chasing?

The ability of choice is an empowering option to have. Every ten seconds, we have the opportunity to choose. However, we are often unaware of how we choose and create our lives. So, where are the choices made?

Our conscious mind is like the keyboard of a computer that we use to feed in. Our subconscious mind is like a CPU, which processes everything fed in by the conscious mind. And our reality is the monitor, which displays our outcome.

Have you ever noticed that you automatically start driving back home without directions because you are so familiar with the route that you unconsciously navigate yourself? You call it an Auto mode. It is a programme you have fed into your subconscious mind and the moment you think, 'Go Home,' it takes you on that way.

When we choose good health, happiness, or successful relationships, why are we sometimes unable to manifest them? Research has shown that an average person has around 60,000 thoughts per day. Of those, 80 per cent are harmful, and 95 per cent are repetitive from the previous day.

Can you imagine that we are processing our thoughts without being aware of them? It is like eating all the food uncon-



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sciously around us and wondering later why we feel so unwell. We hear this quite often, 'A person is known by the company they keep.' That is because our mind is so porous, and just as we breathe air unconsciously, we also absorb thoughts from our surroundings unknowingly.

There is so much fear, doubt, uncertainty, and conditional behaviour surrounding us that we unconsciously

absorb through news, social media, chats, and our society. These thoughts penetrate our cellular memory and programmes us into becoming disbelievers and fearful individuals as a society on the whole.

We feel we do not have a choice because we get caught up in the collective beliefs. Unless we consciously and mindfully connect with our thoughts and be present with ourselves, we will keep looping in the unconscious mindset of negativity. It is unreal to think that we can isolate ourselves entirely from what is going on around us. However, when our beliefs in our choices are more potent than our doubts, we manifest our choices.

For instance, happiness may not come easy to most of us because our society judges us as failures if we cannot meet certain milestones. Which implies that we only celebrate when we achieve. This conditional happiness is outside of us, and we chase it all along.

If we start writing a daily happiness journal, we would record the happiness of having a cup of tea with family or a friend or sharing a meal. Going for walks or sharing a heartfelt smile – these gestures seem so taken for granted. These mundane experiences make the backbone of our day, yet we fail to acknowledge them while we have them. Their absence makes us miserable, and their presence goes unnoticed.

Only when we choose happiness in doing daily simple tasks do we create happiness for ourselves and others around us. Otherwise, we keep chasing the illusion of joy and abundance in our life. **BW**

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