



# Free Your Mind

Who are you these days? Are you the person that is absolutely floored when you look at what people all around you are doing and believing, wondering if they have the ability to think for themselves at all anymore, or are you one of those people, that just follows along, somehow sleepwalking through your day, like the zombies in the movies? Who's in charge of your mind? It's so much sneakier than we can possibly imagine . . .

When you're awake, everything you expose yourself to STAYS there, in your brain, just like whatever you do on your phone or internet stays in a permanent history trail somewhere, going out to the entire world to attract more related material or to sneak attack you with marketing media, any which way it can. Your brain works the same way. It maintains a history beyond our human perception, often grabbing things we were not even consciously aware of. But there it is, crunching code and trying to give you whatever and whoever is related to whatever it thinks you want more of, based on your thoughts and actions.

Just like repeated searches with all your technical devices, whatever you focus on the most, especially with passion or emotion, the more your brain will pull it in. Energy is energy, so there's also a gigantic signal that goes out to universes, shouting, "This is what I want more of!" Like it or not, we are all part of this infinite, connected universe, so everything about us affects everything out there. You know better by now, than to think that ANYTHING you think, do, or say is self-contained. It never just stays within you; it can only affect the rest of the whole. The whole universe. It provides more power to whatever you're focused on. Ask yourself if you want to give that thing, person, or memory you can't stand MORE POWER?! Yes, that IS what happens. You ARE that significant and magnificent. Every single person is. Always and forever.

And just as you cannot tell your technical devices to ignore or forget something that you searched for or accessed with it, you CANNOT tell your brain what to ignore either. While you may realize a movie or video game or information isn't real or true, your brain does not separate anything. It doesn't use any filters to store something. It doesn't give any less attention to something "bad" versus "good" or "fake" versus "real," or even what someone else did versus what you did. It's ALL being recorded. All of it. Once it's said, done, thought of, observed, etc. it's in there and it WILL be used in the rest of your life, beliefs, and experiences. It causes you to think and act, without you even realizing it. It blasts that signal out that you want MORE of whatever you focus on the most, with the most passion.

Think about it. News, movies or TV shows (including commercials), video games and all videos, social media and messages, music, people or places you've experienced or observed, words and actions from others, in any way. Memories, grudges, regrets too. Record, search, request, all day long (and all night long) in your brain. Make no mistake, this natural design is in control. It IS controlling your life. It doesn't know the truth nor does it know what you really want, it's just collecting data, recalling and sending the signals out, everywhere. Stop and think: What are you doing to your mind?

I rarely watch TV for this reason. Most of the time what's on is GROSS! So much about someone hurting or wronging someone with tons of negative, fear-igniting commercials! OMG! Just the pharmaceutical commercials alone will plug your mind so full of illness details and "it's okay to take this drug, even if it may cause death," who

wouldn't manifest illness after a while! Your brain thinks, that's what people do, as you watch it repeatedly. It usually makes me feel stressed, yucky, and hungry for unhealthy food with just a single movie a day! I also flip the channel when an advertisement for some gross or violating show starts blaring because just that preview alone makes me feel scummy! WHAT are we doing to ourselves and our kids?

My nights are precious to me because while I sleep, my busy mind can actually focus on what I really want to, without so many distractions. I take the time to clear myself, think my highest good thoughts and desires, and be grateful for everything, nearly every night before bed. The brain NEVER turns off, so you see, it'll keep working on whatever you're focusing on the most, even if you're subconsciously focusing on it. Very often, I receive life-changing information, knowledge, clear solutions, and insights (this is where most of my writing comes from). This constant communication with my soul and all that is divine makes my life what it is—incredible--and I'm always overwhelmed with appreciation for this information.

Then one night, I wake up remembering some really dumb thing I caught on I movie I watched instead, and it reminded me how sensitive our brains are. I didn't want to fill my brain with SHIT! And it's not just at night, remember . . . it puts out the communications to the world as to how you want your day to be too. I treasure the crazy-cool divine signs and synchronicities and deja vus that show up in my life a lot of days, but around that time, they were lacking. Remember, if life stinks, you need to take out the garbage! Something is festering and rotting your brain somewhere, and the trash needs to go! (See where zombies come from?) Truly, when you allow yourself to respect your being and your life, awesome days become your normal, you have no desire to hide who you are or what you truly want in life. You literally get high on life, no mood-altering anything needed, ever! (No matter what's going on, ever!) Life is so much easier when you clear out and resolve anything that passes through the brain, and it also allows you to move forward with the life you always dreamed of!

Be aware of your environments, your habits, your focus, and absolutely everything and everyone you're observing, not out of fear or judgment, but out of respect for what your precious, hard-working mind is doing with it. Listen to your heart and soul and make your choices. Every moment you get counts. Every moment you get is an opportunity to get to know yourself better; it all comes naturally with just a little self-love. Free your mind. It'll reward you in ways you never dreamed of! ~Mary Anne ©Copyright Annie Press, AnniePress.com

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