

Implications NOT Applications

FLAT EARTH THINKING

(Definition: "Flat Earth Thinking" is believing a system works in a way that it actually does not.)

INSIDE-OUT	OUTSIDE-IN
<p>"Flat Earth Thinking" is what is rendered obsolete. Our mind is quieted through subtraction of the obsolete thinking we no longer believe in.</p>	<p>We are fooled by "Flat Earth Thinking" and innocently believe it to be true. This thinking preoccupies our mind and exponentially multiplies.</p>

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Implications NOT Applications

SEPARATE REALITIES

INSIDE-OUT	OUTSIDE-IN
<p>We do not waste time being dismayed that others do not think like us. This puts us in the position to respect and embrace diversity rather than be annoyed or afraid of it.</p> <p>We understand I actually cannot have your thoughts and you cannot actually have mine. No one can think the same as anyone else. As much as I may think it would be better if you would think like me, it cannot happen.</p> <p>This puts us in a better and better position to listen and communicate.</p>	<p>When we believe in the "Outside-In" paradigm. "Separate Realities" are not obvious to us.</p> <p>When others do not think like us we think there is either something wrong with them, or us. This illusion stirs up unnecessary thinking. We stay trapped in the illusion that we could/should think the same.</p>

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THE 100% SOLUTION

INSIDE-OUT	OUTSIDE-IN
<p>This is a paradigm of no exceptions. Feelings are 100% of the time coming from our thinking in the moment. If we are thinking it, we are feeling it. If thought in the moment is not included we cannot have a psychological experience. Understanding this one psychological truth automatically quiets our thinking and aligns us with the paradigm of resilience.</p> <p>The experience of this truth acts as a doorway to deeper thoughts and feeling.</p> <p>The definitive black and white nature of "thought in the moment includes" or "thought in the moment not included" brings simplicity to life.</p>	<p>Some measure less than 100% immediately creates the illusion of a second paradigm. This suggests we can have experience without thought in the moment included. This adds a never ending number of possible causes for our feelings. If a paradigm worked this way it would necessarily be full of exceptions and anomalies.</p> <p>Complexity and a busier mind are an inevitable outcome of this misunderstanding.</p>

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THE FUTURE IS AN INCOMPLETE EQUATION

INSIDE-OUT	OUTSIDE-IN
<p>In thinking about the future we know we do not have a complete equation. We know we do not know what insight will come to us in the moment. We spend less time imagining future scenarios.</p> <p>This is not saying, “Don’t think about the future.” It is saying when we do think about the future we know insight in the moment will always be missing.</p> <p>This being reality, we are surprisingly unburdened.</p>	<p>We think we have a complete equation when we think about the future. We imagine scenarios and create expectations and spend time thinking about them as if they are true. This detaches us from reality. We also try to talk others into believing them too.</p> <p>We get disappointed, afraid and upset when our imagined scenarios do not come true.</p>

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WHO'S GOT THE POWER?

INSIDE-OUT	OUTSIDE-IN
<p>Resilience is not being bound by circumstance or previous thinking.</p> <p>The content of what we think about does not have the power to dictate how we feel.</p> <p>The power is built into the fact that we must feel our thinking moment to moment.</p>	<p>When we believe in the "Outside-In" illusion it appears as if the content of what we are thinking about <u>can</u> dictate how we feel.</p>

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WE CAN HANDLE THE TRUTH!

INSIDE-OUT	OUTSIDE-IN
<p>When we know our feelings are coming from thought in the moment it eliminates all other false possibilities. It narrows down to one moment in time — the present — where we consciously experience the truth of feeling being created through thought.</p> <p>We are not confused about what is happening. We do not feel insecure. We see the truth. We <u>can</u> handle the truth. We are resilient.</p>	<p>We think something other than thought in the moment is making us feel a way we do or do not want to feel.</p> <p>We inevitably feel insecure. We cannot handle the truth.</p> <p>We turn to wishful thinking, we deny, we react, we repetitively think the same thing over and over. We do not exhibit resilience.</p>

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THERE'S NO OTHER PLACE TO BE

INSIDE-OUT	OUTSIDE-IN
<p>There is one specific place in time we can experience thinking creating feeling. It is not in the past or the future. This only exists in the present moment.</p>	<p>When we are in the false "Outside-In" misunderstanding, we get focused on and attached to something other than thought in the moment as the source of our feeling.</p>
<p>There is truth and insight in this precise moment. Once we experience the value of this insight we will find ourselves in the present moment more often.</p>	<p>We are preoccupied away from the present moment.</p>
<p>It is as if we finally have a practical reason to be there.</p>	<p>We seem to lose our freedom and our resilience.</p>

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SOMETIMES WE SEE IT SOMETIMES WE DON'T

INSIDE-OUT	OUTSIDE-IN
<p>We begin to catch sight of how deceptive the "Outside-In" illusion really is. We see that we are sometimes fooled by it and sometimes not.</p> <p>Everyone gets fooled by this deception. In this way we are all in the same boat. It is illogical to judge and criticize others because they lose sight of the "Inside-Out," just like we do. In the light of this understanding, compassion and humility emerge naturally without effort.</p> <p>We are capable of being honest about ourselves. We stop judging and we start listening and communicating.</p>	<p>We are fooled by the deception of the "Outside-In" and truly forget to factor in "Thought in the Moment" as the source of feeling. It honestly seems as if what we are thinking about has the power to dictate how we are feeling.</p> <p>We do not purposefully lose sight of this. This has been the greatest deception since the beginning of time.</p> <p>The moment we lose sight of this we lose the chance to be honest with ourselves.</p>

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