

## Why is it so Difficult to see 'That We Think?'

This seems a simple enough question, yet before responding to it I would like to describe a world without knowing 'that we think' and some possible consequences. In the mental health field there are people who live their entire lives in the world of 'what they think'; the world of psychosis. What is it to be delusional, if it isn't being lost in a world where I don't know 'that I think': this capacity to create in my mind a personal reality via thought? I was introduced to this world in my clinical work in the drug and alcohol field. In this world the only capacity we have is to manifest in our minds thoughts that bring alive our

**What is it to be delusional if it isn't being lost in a world where I don't know 'that I think'?**

personal reality in this moment, coupled with a capacity to experience *what I think* as our personal reality. Hence, if I think you are following me to do me harm; then you are [with the associated feelings of fear coupled with a desire to respond

from that fear]. Again, in believing that all street lights are secret cameras feeding into a central computer that is controlling the world - my need to escape to the hidden world of sewers makes real sense. Psychosis put simply: a loss of contact with reality.

Trying to assist people to see that their thinking is deceiving them requires them firstly to understand 'that they think' and that a thought is our capacity to manifest our personal reality *in this now*; this moment. If truth be known, we have all been delusional [even suffering from psychosis] at one time or another. Hard as it may be to admit, worry, fear of being caught out or anxiety in response to possible failure, are all feelings associated with a deluded mind. Feelings are directly and intimately linked to what we think. In fact, feelings reflect accurately 100% of the time what we think.

SO TO OUR QUESTION: why is it so difficult to see 'that we think'? Recently, I too have been confronted by this question - within my own mind and my relationships with others.

### What we think is REAL

When you are placing before others what you think, you are putting out on show your reality; how you see things and what is real for you. As I was listening to some of my so-called 'paranoid' clients, I could only marvel at the gift of our capacity to create and believe 'what we think' without any form of scrutiny or self awareness. However, when it came to me placing before another what made obvious sense to me I was challenged and confronted by the other's view of that reality. Making a commonsense explanation as I saw it didn't have any impact and in fact, drew me more entrenched into what I 'knew' to be true. Likewise to those who were listening to me... "Wow, did I hear what I just said? Am I self-aware? Am I committed more to what I think than I am to listening and being open to new ideas and fresh thinking? NO! To be truthful, because I am right!"

Where had all the wonder and marvel gone in seeing That I Think? The lesson and opportunity here was to see the profound capacity for me to lose the inner clarity of knowing that I think. It was yet another reminder of the powerful function of thought within our minds to manifest reality - moreover, the central role of being self-aware [conscious] to *that we think*. Without this consciousness I was lost in a world of my own creation.

### The world of insight and self-awareness

Any mental health manual will tell us that psychosis is an absence of insight and loss of reality. Wow! Well, I often say in jest that I am a psychotic ... not far off the truth.

When I hammer home 'the truth', or become incensed with others because they don't agree with me, or pontificate [in the most polite way] about *their* lack of foresight and insight to see the bigger picture - who is bereft of insight or who cannot see the bigger picture? It is this moment of self-righteousness, cynicism, outrage, thundering silence and the long list of 'lostnesses' that signify we are misled by what we think; and lost to an inner gift. We become myopic and disconnected to the world of insight, commonsense and sound judgment.

### Step back, reflect, think again...

That recent experience, where I became concerned, no, very annoyed with others because they hadn't seen the bigger picture has caused me to reflect. The word *reflect* itself is a wonderful starting point. It is an invitation to look again, step back and gain a bigger inner reality. For that to happen we are required to listen to our own inner world, our feelings and not our thoughts. The feeling of being annoyed is the cue to listen to a deeper reality. To quiet the mind. Thinking more, preparing a better business case, dismissing others as ignorant and acting out of the annoyance is an absence of insight. We all have a bounty of sound judgment, commonsense and new possibilities to guide us. However, not when lost in the psychotic world of anger, frustration, or fear.

Richard Buckminster Fuller once said: "You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete..."

I was fighting the existing reality, thinking that I was building a new model and my feelings were indicating a greater truth. But to build a new model you need to let go of the existing thinking [whether that be obsolete business models, plans, etc.; or not] and be open to new possibilities in the unknown world of 'that you think'.

**"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete"**

Creativity, possibility and newness are beyond 'what we think'. ■ ■

© PIB. JUNE 2008. PERMISSION TO COPY FOR PERSONAL USE IS GRANTED. FOR OTHER PUBLICATION RIGHTS PLEASE EMAIL: DIRECTOR@PRINCIPLESINBUSINESS.COM