



1. **Thoughts aren't real.** Think about this, do thoughts really exist "anywhere?" Or, are they really temporary and fleeting?
2. **Thoughts have no actual power over us.** How does something that doesn't really exist have any power over us? If they have power, where does that power come from?
3. **It's our afterthoughts or stories that make our thoughts seem real.** Do you find yourself thinking about your thoughts? What does it take to stop doing this?
4. **Bringing our mind back to the present, returning to our meditative mind, is how we avoid being trapped by our thoughts.** What happens when you practice meditating and return your attention to your breath or the present moment instead of following after thoughts?
5. **By relying on our meditative mind, we free our thoughts from our habit of making them "real" and allow them to return into the empty space that they came from.**

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