

Aspects of the Mind

Wisdom, knowledge, imagination and emotional intelligence are all aspects of a mind that is open to great possibilities; they are qualities needed to enable us to succeed in life. If we are to gain and use these four powers of the mind to our full potential we must first start with our self-image and remove any blockages that a limiting and inward-looking mind has set up.

Our self-image is a reflection of the way our mind works. It is a key to our personality and behaviours and sets the boundaries of individual accomplishment. Low self-esteem is rampant in our society and is often a result of building wrong belief systems into someone's mind from a young age. Words are powerful and when repeated often move from our conscious to our subconscious. When someone repeatedly tells us we are worthless eventually, if it is repeated often enough, we will believe it even though it is not true. It then becomes a major task to remove the scab that has grown across our reality. That is why it is so important to understand how our mind works and become aware of all the traps that would limit our potential.

Those who have a closed mind to new and exciting possibilities essentially tell themselves they are not willing to make the extra effort – that they are not prepared to grow and experience new things. Such a mind shuts off the power and there can be no change and no progress so things will never improve.

We must develop our emotional intelligence so that we can learn to strengthen our mind. It has nothing to do with pride but it has everything to do with a healthy mature love for oneself and an understanding of how special and unique we are. When we develop a positive self-image within ourselves we open up new capabilities and new talents and we can literally turn failure into success.

What is emotional intelligence? It is the ability to recognise, evaluate and manage our own emotions and to be able to handle our relationships with others in an effective way. Some thinking says that it is an inherited trait and so we either have it or not. More advanced thinking says that we can build our own emotional intelligence as we become more aware of how we think and as we learn to manage the use of our mind.

We need to look at ourselves dispassionately and recognise how we use our emotions and learn our strengths and weaknesses. As we do this we can develop within ourselves a strong sense of our own self-worth and capabilities as well as being sensitive to the feelings and emotional needs of others. It also means taking responsibility for our own actions and being honest with ourselves, learning to be flexible so we can change when necessary and persisting in pursuing our goals despite setbacks. In our interaction with others it means being prepared to listen as well as building on our social skills by using understanding and being respectful of others' ideas.

Knowledge must include action to be of any use and it must be used wisely without arrogance. We build knowledge from the time we are born and for the rest of our life. The kind of knowledge we consciously allow to be established in our mind and how we use that knowledge is crucial to succeeding in all aspects of life. Knowledge is more than just facts and information gained. It is the result of perception and reasoning and the skills built up through experiences.

What is wisdom? It is knowledge guided by understanding, discernment and discretion; the ability to make sensible decisions and judgements based on personal experience. The wisdom of an open mind sees possibilities and new ideas everywhere and allows the mind to attract and follow up on opportunities that constantly present themselves. A closed mind is blind to those opportunities because it constantly looks inward and sees only the negative in every situation. An open mind is creative and understanding of others while developing a genuine appreciation for people. It has a greater sense of awareness and leaves the door open for the expansion of ideas. Limitations imprison the mind so if you can throw off the chains of a closed mind and open your mind to new and exciting ideas, your possibilities become limitless.

Remember

The mind has been described as “the brain in action”; it has exceptional power and produces substantial energy. It is divided into the conscious area, which is associated with our waking, thinking state and which perceives reality through the five senses and the larger subconscious which is the centre of our feelings, intuition and perceptions, the storehouse for our memories and the processor of our beliefs. Make an effort to gain a thorough understanding of how your mind works, in its entirety, so that you can be empowered to use it to its full potential.