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## Curative Attentiveness Being Aware of Your Thoughts

We seldom accept negative comments from others, however, we so often accept our own inner negative chatter.

Few people enjoy the company of individuals whose attitudes are persistently negative. Yet many of us tolerate the critical chatter that can originate within our own minds. Since we are so used to the stream of self-limiting, critical consciousness that winds its way through our thoughts, we are often unaware of the impact these musings have on our lives. It is only when we become aware of the power of such thoughts that we can divest ourselves of them and fill the emptiness they leave with loving, peaceful affirmations. Many people, upon paying careful attention to their thinking patterns, are surprised at the negativity they find there. But when we take notice of involuntary thoughts in a nonjudgmental way, we initiate a healing process that will eventually allow us to replace intimidating and upsetting self-talk with positive, empowering thoughts.

While the occasional downbeat or judgmental thought may have little impact on your contentment, the ongoing negativity that passes unnoticed can have a dampening effect on your mood and your outlook. When you are aware of the tone of your thoughts, however, you can challenge them. Try to be conscious of your feelings, opinions, and judgments for a single day. From sunup to sundown, scrutinize the messages you are feeding

into your subconscious mind. Consider your thoughts from the perspective of a detached observer and try not to judge yourself based on the notions that come unbidden into your mind. Simply watch the flow of your consciousness and make a note of the number of times you find yourself focusing on gloomy notions or indulging in self-directed criticism.

As you become increasingly aware of your patterns of thought, whether positive and negative, you will gradually learn to control the character of your stream of consciousness. Endeavor always to remember that the images and ideas that pass through your mind are transient and not a true representation of who you are. In training yourself to be cognizant of your thoughts, you gain the ability to actively modulate your mood. The awareness you cultivate within yourself will eventually enable you to create a foundation of positivity from which you can build a more authentic existence.



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Dear  
 Anny Bannanny



Dear Anny Bannanny,

I have a confession to make. I got really drunk the other night and I went home and had sex with a famous midget. This little person is the one who poses for all the trophies!

My husband unexpectedly came home and walked in on us and started yelling, telling me how I had promised to stop cheating, blah blah blah. I said "But look honey, I'm cutting down!". Now I can't get the midget out of my sink. I'm enclosing a picture.

Sincerely,  
 Anonymous



Dear Anonymous,

There is nothing wrong with midgets. I was a midget once but I grew out of it when I was 3. Besides, if Pluto isn't a planet because it's too small, then are midgets really people?

I played miniature golf with one the other day, but he just called it golf.

Afterwards we walked to a mini-bar and had a few drinks. I saw you there! I knew you were drunk when you gave the midget a mushroom and said "Grow Mario! Grow!". I asked him to borrow a dollar but he said "Sorry, I'm a little short". He said you had picked his pocket. Really, how could you stoop so low?

Yours,  
 Anny Bannanny

Dear Paranoid People...  
 who check behind the shower curtain for murderers...  
 what's your plan if you find one?  
 —Anny