RUMINATION

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* * *

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امیدوارم این اثر بتواند برای انسان‌های این عصر، نوری در مسیر شناخت خویشتن، آرامش درونی و زندگی آگاهانه‌تر باشد و سهمی هرچند کوچک در ساختن جهانی سرشار از آگاهی، عشق، همدلی و انسانیت ایفا کند.

پاییز ۱۴۰۵

About the Author

Behrouz Mehrjoo is an athlete and boxer and one of the war veterans of the Sacred Defense era. During the imposed war between Iraq and Iran, he served in defense of his homeland, Iran, and through his participation in military operations, earned the honor of serving his country. His courage and dedication have been recognized and celebrated.

Dr. Behrouz Mehrjoo holds a Professional Doctorate (DBE) from the Faculty of Management at the University of Tehran and is among accomplished individuals in the fields of innovative industrial structures and business development.

He is an author and researcher in the fields of awareness, self-knowledge, and inner transformation, and the author of the books The Brave Never Die and The Secrets of the Sacred Inner Triangle. These works are the result of years of research, experience, contemplation, and study in the fields of mysticism, philosophy, psychology, and the human mind.

To date, Dr. Mehrjoo has received more than forty national certificates of appreciation and awards in the fields of entrepreneurship, management, employment generation, and self-sufficiency, as well as a Golden Plaque of Appreciation from the Islamic Consultative Assembly. He has also received numerous honors and recognitions throughout his career. For more than fifty years, he has remained continuously active in the arts, working in a distinctive realist style.

This work is the result of a lifetime of experience, reflection, and the pursuit of truth—a journey shaped by the ups and downs of life, its joys and sorrows, its successes and failures, its trials and challenges, and more than twenty-five years of continuous research in the realms of mysticism, philosophy, and the human mind.

The writing of this work, together with the book The Secrets of the Sacred Inner Triangle, has taken more than ten years. Throughout this period, it has undergone revision, reconstruction, and completion, until it has reached its present form.

This work looks beyond geographical, cultural, and linguistic boundaries and, with a global vision, has been written in two separate volumes in Persian and English so that its message of awareness, liberation, and inner transformation may reach truth-seeking people throughout the world.

The author believes that truth is the common language of all human beings; therefore, this book, free from nationality, culture, religion, and language, can serve as a guide for those seeking to move beyond confusion, mental limitations, and inner barriers toward peace, freedom, inner flourishing, and the awakening of people who are on the path of growth, awareness, and spiritual elevation.

It is my hope that this work may bring greater light to the people of this age on their journey of self-discovery, inner peace, and conscious living, and that even a small contribution toward creating a world filled with awareness, love, empathy, and humanity may emerge from it.

Autumn 2026

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Foreword

Since the beginning of human history, humanity has always searched for peace.

This search has sometimes led people into the heart of nature, sometimes into the worlds of philosophy and spirituality, sometimes into science and psychology, and sometimes inward toward themselves.

Despite remarkable scientific and technological progress, one of humanity's most fundamental questions still appears to remain unanswered:

Why does the human mind remain restless despite all the possibilities and achievements available to us?

Today, human beings have access to more information, communication, and various tools than ever before. Yet alongside these advances, they also face increasing experiences of anxiety, stress, mental exhaustion, and repetitive thinking.

The mind, which evolved to support survival and problem-solving, can sometimes become so occupied with the past, the future, and endless personal narratives that it separates human beings from the living experience of life.

This book is the result of years of study, reflection, observation, and contemplation about the human mind and the way it functions.

The purpose of writing it was not to present a final formula for happiness or to claim access to an absolute truth; rather, it is a sincere

effort to raise fundamental questions and invite readers to directly observe their own experiences.

Throughout the chapters of this book, subjects such as mental rumination, the formation of identity, the role of the mind in interpreting reality, awareness, inner silence, freedom from repetitive thought cycles, presence in the present moment, and ultimately conscious living are explored.

These subjects have been presented in a simple, clear, and accessible way so that they may benefit both readers interested in psychology and philosophy and anyone searching for inner peace and a deeper understanding of themselves.

This book does not intend to present the mind as an enemy of humanity.

The mind is one of our greatest abilities; a tool for learning, creativity, decision-making, and adapting to the world.

What creates suffering is not the mind itself, but the lack of awareness of how it works and the complete identification with the thoughts and stories that the mind continuously creates.

When human beings learn to observe the mind instead of becoming controlled by it, they can establish a more balanced relationship with their thoughts, emotions, and experiences.

It is also important to remember that the contents of this book are not a replacement for medical treatment or professional psychotherapy.

If readers experience serious psychological difficulties or clinical conditions, seeking help from qualified mental health professionals is essential.

The purpose of this work is to increase awareness, encourage self-understanding, and strengthen the ability to observe the mind; it is not intended to provide treatment for mental disorders.

I hope this book will not be merely a collection of information to read, but a companion on the journey of self-understanding, reducing mental suffering, and returning to a peace that may have always existed within you, yet remained hidden beneath the noise of thoughts.

If, after reading these pages, you can look at yourself and life with a calmer mind, deeper presence, and a kinder perspective—even for a few moments—then the purpose of this book has been partly fulfilled.

This journey begins with words, but its destination is an experience that can only be discovered through silence, awareness, and the present moment.

Author:

Dr. Behrouz Mehrjoo

Introduction

Modern human beings have access to more opportunities, speed, information, and comfort than at any other time in history; yet perhaps they are also more restless, anxious, exhausted, and entangled in their own minds than ever before.

We live in an age in which a person can communicate with the other side of the world within seconds, but may still be unable to sit quietly with themselves for a few peaceful minutes.

Technology, media, social networks, mobile phones, and the endless flood of information have placed the human mind in a state that rarely comes to rest. The mind is constantly analyzing, comparing, worrying, judging, planning, fearing, regretting, and talking to itself.

Many people consider this condition normal. For years, I believed the same.

We have learned to keep running—running for greater success, more money, more security, more approval, and a better future.

Yet one fundamental question would not leave me:

If humanity has progressed so much, why has inner peace become more scarce?

Why do feelings of lack, worry, and dissatisfaction still remain despite all these achievements?

And why does the human mind never seem to stop?

I spent many years of my life inside this cycle. I achieved many of the things I had once dreamed of; but each time, after a short while, my mind created a new goal and postponed peace to a more distant future.

Gradually I realized that the real problem was not a lack of success or opportunities, but the relationship human beings have with their own minds.

The mind was originally a tool for survival, learning, and protection; yet over time it moved away from its natural place and became a hidden ruler in many lives.

The result of this change is what I call mental rumination—an endless cycle of repetitive thoughts, worries, fears, judgments, and inner conflicts that separates people from the present moment and slowly drains their peace.

This book is an attempt to understand this cycle and to find a way out of it.

Along this journey, I will not only speak about my personal experiences, but also about the mind, the roots of human suffering, the effects of modern life on the human psyche, and the paths that can lead us back to peace and awareness.

The purpose of this book is not to fight the mind, but to understand it and return it to its rightful place—a place where the mind serves the human being rather than rules over them.

I hope that what you read in these pages will be more than a collection of words. I hope it will become an invitation to pause in the midst of life's noise; an invitation to look at the mind, at suffering, and at the possibility of a peace that may have always existed within us, though hidden beneath the crowd of thoughts.

This journey begins with words, but its destination is an experience that can only be discovered through silence, awareness, and the present moment.

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Chapter One: Rumination; The Beginning of Hidden Suffering

Part One: The Mind That Never Becomes Silent

Most people believe that their suffering is caused by what happens in life. Yet if we look more carefully, we realize that a large part of suffering does not come from the events themselves, but from their constant repetition in the mind.

An incident may last only a few minutes, but the mind can replay it for days, months, or even years. A brief conversation, a small mistake, an old decision, or a worry about the future may be reviewed repeatedly, as if the mind has been assigned the task of never allowing us to move beyond it.

This constant repetition of thoughts is what we call mental rumination. The mind takes a subject and keeps chewing on it endlessly, analyzing it, judging it, and returning to the same point again and again.

Outwardly, we may be working, driving, or talking to others, but inwardly another process is taking place: an endless conversation with ourselves.

The mind asks:

- Why did I say that?
- Why did that person behave that way?
- What if I made a mistake?
- What if something goes wrong in the future?
- What if others think badly of me?

These questions rarely reach a final answer. Each answer creates a new question, and the cycle continues.

For many years I believed that this inner dialogue was a sign of intelligence and responsibility. I thought that the more I thought about things, the more control I would have over my life. Gradually, however, I realized that many of these thoughts not only fail to solve problems, but also consume our psychological energy.

Mental rumination is like running on a treadmill: there is a lot of movement, but no real progress.

Chapter One: Mental Rumination – The Beginning of Hidden Suffering

Part Two: A Scientific and Experiential Definition of Rumination

Mental rumination is not merely a literary or psychological term; it is a real phenomenon that researchers have studied for many years. In psychology, rumination refers to a process in which a person repeatedly focuses on thoughts, emotions, or problems without moving toward a solution.

To understand it more clearly, imagine the mind as a device that has placed an audio file on "repeat." The same sentence, the same image, and the same worry are played over and over again. The person may become exhausted by the repetition, but the mind continues nevertheless.

Psychological research shows that rumination is closely linked to anxiety, depression, chronic stress, and a reduced quality of life. People who ruminate more often tend to experience greater mental fatigue and diminished concentration in their daily activities.

Yet the scientific definition is only part of the story. The more important part is the inner human experience.

Almost all of us have experienced moments when:

We lay in bed at night and our mind would not become quiet.

We replayed an old conversation repeatedly.

We created multiple scenarios about the future.

We remained upset for hours or days over a small mistake.

We mentally rehearsed an upcoming event many times before it happened.

These are all real-life expressions of mental rumination.

An important point is that rumination is usually accompanied by a feeling of necessity. The mind convinces us that we “must” think again, “must” analyze the issue, and “must” find a way. As a result, we may believe that stopping the thinking process would make us irresponsible or careless.

In many cases, however, continued thinking produces no new information. The mind is simply recycling what it already knows.

For years I failed to recognize this difference. Whenever my mind became occupied with something, I assumed that I was solving it. Later I realized that I was often only repeating it. This simple discovery became an important turning point in my life.

Part Three: The Difference Between Healthy Thinking and Mental Rumination

Healthy Thinking and Mental Activity

Human beings are thinking creatures. The ability to think is one of the greatest qualities that has shaped human life. All scientific, artistic, cultural, and social progress has emerged from the human mind's ability to analyze, understand, and create solutions.

However, the same mind that can solve problems can also trap us inside endless cycles of thoughts.

The problem begins when we lose the ability to distinguish between thinking and being trapped in thoughts.

Thinking is a tool; mental rumination is becoming controlled by that tool.

A knife can be used to prepare food or cause harm. Similarly, the mind depends on how it is used. An aware mind uses thoughts to create a better life, while a trapped mind becomes controlled by its own thoughts.

What Is Healthy Thinking?

Healthy thinking usually has several clear characteristics.

First, it has a purpose. When a person faces a problem, they examine information, consider options, and eventually make a decision.

For example, if someone wants to change careers, they may research new opportunities, evaluate their abilities, and make a reasonable choice. This type of thinking is constructive because it leads to movement and action.

Second, healthy thinking has a time boundary. The mind examines an issue, but after reaching a conclusion, it allows the subject to come to an end.

Third, healthy thinking creates clarity. Even if the final answer is not yet known, a person feels that they have moved closer to understanding the situation.

How Is Rumination Different?

Mental rumination looks similar to thinking, but it creates a different result.

In rumination, the mind repeatedly opens the same subject, analyzes it, judges it, and returns to the beginning.

A person may spend hours thinking about a conversation:

"Why did I say that sentence"?

"Did that person become upset because of me"?

"I wish I had answered differently".

"What if something like this happens again"?

On the surface, the mind appears to be analyzing. In reality, however, nothing is being solved.

Mental rumination is often accompanied by heavy emotions such as regret, fear, shame, or anger. Every time the mind returns to the past, those emotions become active again.

This is why a small event can create suffering again and again.

Why Does the Mind Confuse Rumination with Problem-Solving?

One of the main reasons people become trapped in rumination is that the mind does not always intend to harm us. In many cases, the mind believes it is protecting and helping us.

The mind says:

"If I think more, perhaps I will find a solution".

"If I analyze the past again, maybe I can correct the mistake".

"If I examine every possible future outcome, I will be better prepared".

This belief may seem logical at first. However, the problem begins when thinking passes beyond the useful stage and becomes a repetitive cycle.

Just as water is necessary to remove thirst but can become harmful in excess, thinking can also reduce our peace when it goes beyond balance.

Exercise – End of Part Three

Tonight, sit quietly for a few minutes and remember one topic that you have been thinking about repeatedly recently.

Ask yourself:

1- Has this thinking led to a real action?

2- Have I gained any new information?

3- Or have I simply repeated the same subject again and again?

The purpose of this exercise is not to stop thinking; it is to recognize the difference between awareness and being trapped in thought.

Part Four: The Evolutionary Roots of Mental Rumination; Why Does the Mind Search for Danger?

To understand mental rumination more deeply, we need to look far back into human history, to a time when the human mind developed for survival in dangerous environments.

The modern human mind still carries the basic structure of the minds of our ancestors thousands of years ago. Although our environment has changed, our tools have advanced, and many ancient dangers have disappeared, parts of the mind continue to operate according to the same old principle:

Detect danger, predict threats, and protect survival.

In the past, extreme attention to danger was a great advantage. A person who heard an unfamiliar sound in the bushes could not simply ignore it. The mind had to evaluate the possibility of danger.

Is there an animal hiding there?

Is an enemy approaching?

Should I escape or prepare to defend myself?

In such situations, a more cautious mind increased the chances of survival.

But today's world is different.

Most people no longer face immediate dangers such as wild animals or severe food shortages. However, the mind still activates the same warning system.

Today, threats have taken different forms:

Fear of failure.

Fear of being judged.

Fear of the future.

Fear of losing status.

Fear of not being enough.

The mind is simply doing what it was designed to do: trying to protect us from pain and danger. The problem is that many modern dangers are not immediate realities; they are created through mental imagination.

The Mind and Future Prediction

One of humanity's greatest abilities is the capacity to imagine the future. This ability has allowed humans to plan, build societies, develop science, and make decisions for future generations.

However, when this ability becomes controlled by fear, it can turn into a source of suffering.

The mind begins creating different scenarios:

- What if I fail?
- What if something terrible happens?
- What if people do not accept me?
- What if the future does not happen the way I want?

At this moment, the mind attempts to control a future that does not yet exist.

But the truth is that endless thinking cannot control the future. It can only take away the energy of the present moment.

Many of our worries never actually happen. Yet our body and mind experience them as if they are real for hours or even days.

The mind sometimes fails to distinguish between “thinking about an event” and “the event itself”.

That is why a frightening thought can increase heart rate, create anxiety, and produce a feeling of danger, even when no danger exists in the present moment.

Final Reflection

Understanding the evolutionary roots of the mind helps us become kinder toward ourselves.

When we realize that the mind was created to protect us, we no longer need to fight against it.

The goal is not to silence the mind completely, because the mind is a valuable tool.

The goal is to learn when to listen to its warnings and when to simply observe its activity.

The mind is like a guard. A guard can be helpful, but if it constantly shouts that danger exists, life becomes difficult.

Awareness restores our true position:

We are the owners of the mind, not its victims.

Part Five: The Role of Fear in Creating the Cycle of Mental Rumination

Fear is one of the oldest and most powerful human emotions. Since the beginning of human history, fear has accompanied us and played an important role in protecting our lives.

Fear itself is not the enemy. If humans had no fear at all, they might expose themselves to unnecessary dangers. Fear warns us, makes us cautious, and prepares us to protect ourselves.

However, like many mental abilities, fear can become a source of suffering when it moves beyond its natural role.

One of the ways fear appears in human life is through mental rumination.

A fearful mind attempts to create security through excessive thinking. It believes that if it examines every possibility, predicts every danger, and analyzes a situation repeatedly, it can prevent pain and failure.

But in many cases, the opposite happens.

Excessive thinking does not create safety; instead, it keeps the person trapped inside fear.

The Cycle of Fear and Thinking

Mental rumination usually follows a cycle:

- First, a fear or concern appears.
- The mind begins analyzing.
- More analysis creates more possibilities.
- More possibilities increase fear.
- Increased fear creates more thinking.
- And the cycle continues.

Imagine someone who is about to speak at an important meeting.

An initial thought may be:

"I hope I do not make a mistake".

But the mind continues:

- "What if I make a mistake"?
- "What if people think I am not capable"?
- "What if I lose my reputation"?
- "What if this affects my future"?

In a short time, a small concern becomes a collection of larger fears.

The real issue is no longer just the speech itself; it becomes a mental image of failure, judgment, and losing personal value.

Fear of Other People's Judgment

One of the most common forms of mental rumination is the fear of being judged by others.

Humans are social beings. Throughout history, belonging to a group has been essential for survival. Being rejected by a community could create serious danger.

For this reason, the human mind is highly sensitive to the opinions of others.

However, in modern life, this system can sometimes become overactive.

A person may spend hours thinking about a sentence they said:

"Did I sound strange"?

"Did they judge me"?

"Should I have remained silent"?

Meanwhile, others may not even remember that moment.

One characteristic of an anxious mind is that it magnifies the importance of an event beyond its actual reality.

The mind can transform a small moment into a large personal story.

Final Reflection: Many people try to eliminate fear completely.

They believe peace will come only when there is no worry or fear left.

But this is not realistic.

The purpose of awareness is not to remove fear entirely; it is to transform our relationship with fear.

Fear can carry a message, but it should not become the ruler of our lives.

When fear appears, we can ask:

- "Is there a real danger right now"?
- "Or is my mind creating a possibility"?
- "Is this thought helping me, or is it only exhausting me"?

These simple questions create a distance between ourselves and fear.

And within that distance, freedom begins.

Part Six: Rumination About the Past; Why Can't the Mind Let Go?

The past is one of the greatest fields of activity for the human mind. Many people suffer not because of what is happening now, but because of what happened long ago.

The past no longer exists by itself, yet it can be brought back to life repeatedly in the human mind.

A sentence we heard years ago, a small mistake, a missed opportunity, a relationship that ended, or a decision we now question can be reconstructed again and again.

The mind returns to the past and asks:

- "What if I had acted differently that day"?
- "What if I had not made that decision"?
- "Why did I say that"?
- "Why did I not understand"?

These questions may begin as attempts to learn, but when the mind returns to the same point repeatedly, learning stops and suffering continues.

The Past: Teacher or Prison?

The past can be a valuable teacher.

Human beings learn from past experiences. Mistakes can create growth. Failures can create awareness. Wrong decisions can lead to deeper self-understanding.

But there is a major difference between learning from the past and living in the past.

Learning from the past means:

- "What can I learn from this experience"?

Being trapped in the past means:

- "Why did this happen"?
- "Why was I like that"?
- "Why did life do this to me"?

In the first situation, the mind moves toward growth.

In the second, the mind becomes trapped in a closed cycle.

The real problem is not the past itself; it is the relationship we create with the past.

The Mind's Attempt to Change the Past

One of the deepest reasons for rumination about the past is the inability to accept that the past cannot be changed.

The human mind has an extraordinary ability to imagine. It can predict the future, create stories, and explore possibilities.

However, this same ability can sometimes trap us.

The mind rebuilds a scene from the past and tries to change its ending.

- "If I had given that answer…"
- "If I had not missed that opportunity…"
- "If I had understood that person better…"

But all these "ifs" take place in a reality that no longer exists.

The person we are today, with today's knowledge, judges the person we were in the past—the person who did not have today's experience, information, or awareness.

This is one of the harshest forms of inner judgment.

We judge our past self with knowledge that was unavailable at that time.

Self-Forgiveness; Ending the War with the Past

One of the most important steps in freeing ourselves from past rumination is learning self-forgiveness.

Self-forgiveness does not mean ignoring mistakes.

It does not mean avoiding responsibility.

Self-forgiveness means accepting that human beings are constantly growing.

Every decision we made in the past was based on the circumstances, awareness, emotions, and abilities we had at that moment.

If we make different choices today, it is because we are different people today.

Human growth happens exactly through this process:

We make mistakes, experience life, learn, and transform.

But if we constantly punish ourselves for the past, we lose the energy needed to create the future.

Exercise – End of Part Six

Choose one event from the past that your mind still returns to.

Ask yourself three questions:

1- Have I learned something from this experience?

2- Does continuing this thought change anything?

3- If my friend had made the same mistake, would I treat them the same way I treat myself?

Then write this sentence:

"I cannot change my past, but I can change my relationship with my past".

Part Seven: Rumination About the Future; When the Mind Lives in Something That Has Not Yet Arrived

If the past is a land that no longer exists, the future is a land that has not yet been created. Yet the human mind can spend hours, days, and even years living in both places.

One of the greatest causes of mental exhaustion is the constant attempt to control the future.

Human beings cannot see the future, but the mind constantly tries to create an image of it. This ability is one of humanity's greatest strengths because planning, progress, and creation would be impossible without imagining what comes next.

However, when fear enters this process, the future becomes a source of anxiety instead of opportunity.

The mind begins creating stories that have not happened yet.

- "What if I fail"?
- "What if I become sick"?
- "What if I do not have enough money"?
- "What if people do not accept me"?

- "What if everything I worked for disappears"?

These questions may initially appear as preparation, but when they repeat endlessly, they are no longer preparation; they become a mental prison created by the mind itself.

The Difference Between Planning and Worry

One of the most important steps in understanding future rumination is recognizing the difference between planning and worry.

Planning means looking at the future and taking action in the present.

For example:

"I want to have a better financial situation in the future, so today I will learn a new skill".

This type of thinking encourages movement.

Worry is different.

Worry says:

- "What if the future goes wrong"?
- "What if I cannot succeed"?
- "What if everything goes out of my control"?

In worry, the mind repeatedly examines possibilities but takes no clear action.

Planning creates energy; worry consumes energy.

Planning brings a person closer to the future; worry removes a person from the present moment.

The Illusion of Complete Control

One of the main reasons for worrying about the future is the deep human desire for control.

People want to feel that life is predictable. They want to know what will happen and how they should respond.

But the truth is that a large part of life is beyond our control.

We cannot control all the actions of other people.

We cannot predict every future event.

We cannot prevent every change in life.

Yet the mind sometimes tries to gain this control through more thinking.

But more thinking does not always create more control.

Sometimes it only creates the illusion of control.

Like a person who repeatedly studies a travel map but never begins the journey.

The mind stays busy preparing, while life waits for movement.

Living in the Future and Losing the Present

One hidden cost of worrying about the future is losing the present moment.

A person may be with their family, yet their mind is living years ahead.

They may walk in nature, but their thoughts are occupied with something that has not happened.

They may have real success in life, yet their mind remains worried about losing it.

Life always happens in the present moment.

But the mind can separate us from this moment and take us to a place that exists only in imagination.

This is one of the greatest struggles of modern human life:

The body is in the present, but the mind is lost in the past or future.

Returning from the Future to the Present

Freedom from future worry does not mean becoming careless about the future.

An aware person still plans, sets goals, and works toward improvement.

But the difference is this:

They create the future, but they do not live inside it.

They fulfill today's responsibilities without carrying the weight of every possible tomorrow.

Whenever the mind moves toward a frightening future, we can ask:

"What can I do in this exact moment"?

This simple question brings the power of the mind back from imaginary stories to reality.

Exercise – End of Part Seven

Choose one worry about the future.

Write it down.

Then create two columns:

Column One: Things I can control.

Column Two: Things I cannot control.

Place your energy only on the first column.

Peace begins when we learn to fulfill our own responsibility without carrying the responsibility of the entire world.

Part Eight: The Impact of Modern Life, Media, and Social Networks on Increasing Mental Rumination

Modern humans live in a world that is unprecedented in terms of resources, communication speed, and access to information. With only a few touches on a smartphone screen, we can access enormous amounts of information, news, images, and different perspectives.

These developments have certainly brought many benefits. Technology has made life easier, expanded human connections, and created new opportunities for learning and growth.

owever, every advancement also carries hidden costs.

One hidden cost of modern life is the constant exposure of the mind to countless stimuli.

The human mind is designed to receive and process information, but it was not designed for endless streams of information.

Today, many people’s minds remain occupied by a constant flow of messages, images, news, and comparisons, even when they are physically sitting in silence.

The Information Age and Mental Exhaustion

In the past, humans usually experienced natural gaps between activities.

There was time for work.

There was time for rest.

There was time for silence.

But in today's world, the boundaries between work, rest, and communication have almost disappeared.

The smartphone is always with us.

Messages enter our lives at any moment.

News flows continuously.

Social networks place endless images of other people's lives in front of us.

As a result, the mind has fewer opportunities to become quiet.

Even when the body rests, the mind may continue processing information.

Comparison: The New Fuel of Rumination

One of the strongest causes of increased mental struggle in modern life is constant comparison.

Social networks often show us the best moments of other people's lives:

Success.

Travel.

Achievements.

Ideal appearances.

Moments of happiness.

However, the human mind sometimes compares these selected images with the complete reality of its own life.

A person may think:

"Why is my life not like theirs"?

"Why have I not reached that success yet"?

"Am I good enough"?

These questions can become the beginning of a cycle of dissatisfaction and mental rumination.

The real problem is not that others are successful or happy; the problem is that the mind compares an incomplete image of others' lives with the full complexity of our own lives.

A Mind Always in Reaction Mode

One characteristic of modern life is that the human mind is constantly placed in reaction mode.

A message arrives.

The mind responds.

A news story appears.

The mind analyzes.

An image is seen.

The mind compares.

A different opinion is heard.

The mind judges.

This cycle may repeat hundreds of times every day.

Over time, people may forget how to simply exist without constantly analyzing something.

The mind is like a muscle. If it remains contracted all the time, it becomes exhausted.

When the mind is constantly overactive, it also loses its ability to rest.

The Attention Economy; Why Is the Mind Always Busy?

In today's world, human attention has become one of the most valuable resources.

Many applications, media platforms, and digital services are designed to attract and maintain human attention.

Every notification, message, new piece of news, and image can activate the mind again.

The mind naturally seeks novelty because, throughout evolution, noticing changes in the environment was important for survival.

But today, this same mechanism can create mental distraction.

A person may consume information for hours yet feel at the end of the day that nothing meaningful has been gained.

Because more information does not always mean more awareness.

Sometimes too much information only makes the noise of the mind louder.

Exercise – End of Part Eight

For one day, consciously observe your use of digital media.

Ask yourself:

- How many times did I check my phone without a real reason?
- When did I feel more anxious?
- What type of content created the most mental disturbance?

When did I feel more peaceful?

The purpose of this exercise is not to eliminate technology; it is to understand your relationship with it.

Part Nine: Signs of Being Trapped in Mental Rumination and Psychological Exhaustion

Mental rumination does not always appear in an obvious way. Many people live for years with an exhausted mind without realizing that much of this exhaustion comes from continuous mental activity.

Sometimes people believe their problem is lack of time, life pressure, or too many responsibilities. But when they look deeper, they discover that a significant amount of their energy is spent on endless inner conversations.

The mind becomes like a crowded room filled with voices and different subjects. Every thought demands attention; every worry asks for an answer; every memory activates old emotions again.

As a result, a person may feel tired even when they are not physically doing anything.

Sign One: Difficulty Calming the Mind

One of the clearest signs of rumination is difficulty calming the mind.

The body may be resting, but the mind remains active.

A person lies in bed, yet the mind continues reviewing the events of the day.

Or they wake up in the morning and, before the day even begins, waves of thoughts and worries enter their mind.

Some people say:

"I wish my mind could become silent for just a few minutes".

But the mind cannot simply be turned off like a machine. The path to calmness is not fighting the mind; it is changing our relationship with it.

Sign Two: Constantly Returning to the Same Topic

Another sign is the repeated return of the mind to one particular subject.

A small event may be reviewed again and again.

A short conversation.

A work mistake.

An old decision.

Another person's behavior.

The mind believes that if it examines the issue repeatedly, it will eventually find the perfect answer.

But many things in life do not have perfect answers.

Sometimes we need more acceptance rather than more answers.

Sign Three: Harsh Inner Dialogue

One hidden form of rumination is negative self-talk.

The mind may constantly produce statements such as:

"I should have done better".

"I always make mistakes".

"Why am I not successful like others"?

"I am not enough".

The problem is not self-evaluation itself. Self-evaluation can support growth.

The problem begins when evaluation turns into constant self-attack.

The mind no longer acts as a guide; it becomes a cruel critic.

Sign Four: Reduced Focus and Presence

Mental rumination consumes a great amount of energy.

When a large part of attention is trapped in the past or future, presence in the current moment decreases.

A person may not truly listen during a conversation because their mind is occupied elsewhere.

They may read a book and later realize they remember very little.

They may perform a task while feeling that their mind is somewhere else.

This shows that attention has been divided between the present moment and mental stories.

Sign Five: Feeling Tired Without Physical Activity

A common experience among people who struggle with rumination is mental exhaustion.

Sometimes a person feels drained after a day without heavy physical activity.

The reason is that the brain, like every other part of the body, consumes energy.

Constantly processing worries, examining possibilities, reviewing memories, and analyzing others' behaviors creates a heavy burden on the mind.

A mind that never rests gradually creates feelings of heaviness and exhaustion.

Sign Six: Losing the Joy of Simple Moments

Mental rumination causes people to lose presence in simple experiences.

A person may eat a delicious meal while being occupied by worries.

They may be in nature but fail to notice its beauty because they are trapped in thoughts.

They may be with loved ones but not fully present.

Life always happens through simple moments.

But a trapped mind separates us from those moments.

Exercise – End of Part Nine

Today, notice how often your mind leaves the present moment.

Do not judge yourself; simply observe.

Whenever you realize that you are lost in the past or future, gently ask:

"Is there a real problem happening right now"?

If the answer is no, bring your attention back to something real around you:

- The sounds of the environment.

- Your breathing.
- The sensations of your body.
- The movement of your hands.

This simple practice strengthens awareness.

Part Ten: Freedom from the Cycle of Mental Rumination; The First Step Toward Returning to Peace

Recognizing mental rumination is the first step toward freedom, but awareness alone is not enough.

Many people know that they think excessively, yet they do not know how to escape the cycle.

They often try to force the mind to become silent, but this usually creates the opposite result.

Because fighting thoughts creates another form of mental struggle.

When a person says:

- "I should not have this thought".
- "I should not worry".
- "I must calm my mind".

They are actually keeping the mind focused on the same subject.

Freedom from rumination does not come through fighting the mind; it comes through understanding, observing, and changing our relationship with thoughts.

Step One: Observing Without Judgment

One of the most important skills a person can develop is the ability to observe thoughts without judgment.

Usually, as soon as a thought appears, we become involved with it.

A thought about the future appears, and we enter worry.

A memory from the past appears, and we experience the same emotion again.

But there is a major difference between "having a thought" and "believing the thought".

For example, if the mind says:

"I will not succeed".

This is only a thought, not an absolute truth.

If the mind says:

"Everyone is judging me".

This is also a mental interpretation, not a fixed reality.

Awareness means the ability to see thoughts as mental events.

Just as we observe clouds moving across the sky, we can observe thoughts moving through the space of the mind.

Clouds are not the sky.

Thoughts are not our entire existence.

Step Two: Returning to the Body

One reason rumination becomes powerful is that people become completely absorbed in their mental world.

When attention remains only inside thoughts, our connection with the present moment becomes weaker.

One way to return from the mind to the present is paying attention to the body.

The body is always present.

Breathing happens now.

The feeling of our hands exists now.

The sounds around us are heard now.

When we return attention to the body, we step away from mental stories and reconnect with the reality of the moment.

This is why practices such as mindful breathing, conscious walking, and body awareness can reduce mental struggle.

Step Three: Accepting What Cannot Be Changed

A large part of rumination is created when people fight against something that can no longer be changed.

The past.

Other people's behavior.

Events beyond our control.

The mind believes that if it thinks more, perhaps it can change what has already happened.

But acceptance does not mean giving up.

Acceptance means seeing reality as it is, without adding a mental battle to it.

Acceptance says:

"The mistake happened. I am responsible for learning from it, but I do not need to punish myself forever".

Acceptance releases the energy spent on resistance so that it can be used for growth and creating the future.

Step Four: Asking Better Questions

A trapped mind usually asks questions that have no ending.

Why did this happen?

Why am I like this?

What if this problem never gets solved?

These questions often keep us trapped in the past or future.

Aware questions are different.

Instead of:

"Why does this always happen to me"?

We can ask:

"What is within my control right now"?

Instead of:

"How can I change the past"?

We can ask:

"What can I learn from this experience"?

The quality of the questions we ask ourselves determines the quality of our mental path.

Step Five: Creating Space for Silence

A mind that is constantly exposed to information, noise, and stimulation rarely gets the opportunity to settle.

Modern humans need to consciously create moments of silence.

Silence does not mean the absence of sound.

True silence means freedom from the need to follow every thought.

Sometimes simply sitting for a few minutes without a phone, without a goal, and without trying to solve problems can give the mind a chance to return to balance.

At first, silence may feel uncomfortable because people have become accustomed to constant mental activity.

But with practice, we discover that behind the noise of thoughts, there is a deeper peace.

Exercise – End of Part Ten

Today, whenever you notice that you are trapped in a repeated thought, follow three steps:

Step One:

Name it:

"This is a thought".

Step Two:

Take a calm breath and return attention to your body.

Step Three:

Ask yourself:

"Is there any real action I can take right now"?

If yes, take action.

If no, allow the thought to pass.

Part Eleven: Summary of Chapter One; From Being Controlled by Thoughts to the Beginning of Awareness

Throughout this chapter, we began a journey into one of the most important experiences of modern human life: living among repetitive thoughts.

Mental rumination is something that almost everyone experiences at certain points in life. The mind chooses a subject and returns to it repeatedly; sometimes to solve a problem, sometimes to prevent danger, and sometimes to find meaning in something that has happened.

But the problem begins when the mind does not know when to stop.

Thinking is one of humanity's greatest abilities.

But becoming trapped in thoughts can separate us from real life.

The Mind Is Not Our Enemy

One of the most important lessons of this chapter is that the mind is not our enemy.

The mind developed to protect us.

Fear, worry, analysis, and prediction were originally attempts to maintain human safety.

However, when these tools become overactive, the same things that were meant to protect us can become sources of suffering.

Like a fire that is useful for warmth but can burn a house if uncontrolled.

The mind also needs awareness and guidance.

We Are Not Our Thoughts

Perhaps the most important discovery on the path beyond rumination is realizing that we are not identical to our thoughts.

We have thoughts, but we are not thoughts.

We experience emotions, but we are not only our emotions.

We have memories, but we are not only our past.

This small distinction opens a great doorway toward freedom.

When a person can observe a thought, they are no longer completely controlled by it.

A distance appears between “me” and “my thought”.

And within that distance, the possibility of choice appears.

Living Beyond the Mind's Story

A large part of human suffering comes not from reality itself, but from the stories the mind creates about reality.

Something happens.

The mind creates meaning about it.

Then we live according to that meaning.

Sometimes these stories are useful; sometimes they become prisons that we create ourselves.

A small mistake may become:

"I always fail".

A criticism may become:

"No one accepts me".

A future possibility may become:

"My life will be ruined".

Awareness means recognizing the difference between reality and the mind's story.

Beginning a New Relationship with the Mind

The goal of this book is not to fight the mind.

The mind is a valuable part of human existence.

The goal is to transform our relationship with it.

Instead of believing every thought, we learn to observe it.

Instead of obeying every fear, we learn to examine it.

Instead of being lost in the past and future, we return to the present moment.

Peace begins when we no longer feel obligated to respond to everything the mind creates.

Final Exercise of Chapter One: Observing the Mind

At the end of this chapter, practice a simple but deep exercise.

Sit quietly for five minutes.

Close your eyes.

Allow thoughts to come and go.

Do not try to stop them.

Do not try to change them.

Simply observe.

When a thought appears, gently say:

"A thought has appeared in my mind".

Not:

"This is the truth".

Not:

"This is who I am".

Simply:

"This is a thought".

This simple practice is the first step toward creating distance between awareness and the mind.

Chapter Two: The Identity of the Mind; The Creation of the Concept of "Me"

Part One: The Birth of a Mental Identity; How Humans Create a Story About Themselves

If in the first chapter we discussed thoughts, worries, and the cycle of mental rumination, now we enter one of the deepest layers of the human mind: the place where not only thoughts, but also the image a person has created of "the self," is examined.

One of life's deepest questions is:

Who am I really?

From childhood, humans begin creating an answer to this question.

At first, a child simply experiences.

They feel hunger.

They experience joy.

They feel pain.

They connect with the world.

But gradually, the mind begins collecting information about the child.

What their name is.

Who their family members are.

What abilities they have.

What others say about them.

What creates acceptance or rejection.

Slowly, a collection of memories, experiences, judgments, and beliefs comes together and forms something that humans call “me”.

Creating the Mental Image of Self

Humans do not only observe the outside world; they also create an image of themselves.

This image becomes an inner mirror through which people see themselves.

If a child repeatedly hears:

“You are intelligent”,

their mental identity may be built around being intelligent.

If a child repeatedly hears:

"You cannot do this",

they may begin believing they are incapable.

The human mind is like fertile ground.

Every sentence, every experience, and every judgment can become a seed planted within it.

Over time, these seeds become beliefs that shape how people see themselves and life.

The "Me" Created by Experiences

Much of what we call "me" is a collection of past experiences.

I am successful.

I am a failure.

I am shy.

I am strong.

I am someone who always satisfies others.

I am someone nobody understands.

These statements may feel completely real.

But when we look deeper, we discover that they are often stories created by the mind about us.

A person may have been shy at one period of life, but is that the entirety of their existence?

A person may have experienced failure, but does failure define their whole identity?

The mind tends to transform limited experiences into permanent identities.

The Danger of Holding Onto Mental Identity

Identity itself is not a problem.

Humans need a relative sense of self for social life, decision-making, and understanding their place in the world.

The problem begins when people completely identify with this image.

When someone says:

"This is who I am, and I will never change",

they have imprisoned themselves inside a limited story.

Someone may have failed years ago and still live with the identity:

"I am a failure".

Someone may have been criticized in childhood and still believe:

"I am not enough".

The mind sometimes turns one moment into a permanent definition of a person.

But humans are far greater than the stories the mind creates about them.

Identity and the Need for Approval

One of the most important parts of mental identity is its relationship with other people's opinions.

From childhood, we learn to measure our worth through others' reactions.

When we are praised, we feel valuable.

When we are criticized, we may feel something is wrong with us.

Gradually, people may begin organizing their lives around protecting the image others have of them.

They choose clothing others approve of.

They make decisions others accept.

They behave in ways that create approval.

In this state, people stop living from within and begin living from outside.

Beginning to Know the Real Self

Freedom from mental identity does not mean destroying personality or removing individual characteristics.

The goal is not to say:

"I have no qualities".

The goal is to understand:

"I am more than the memories, characteristics, and stories that the mind has created about me".

Identity is like clothing that a person wears.

Clothing can be useful and beautiful, but a person is not the clothing.

When we understand this difference, we experience greater freedom.

Because we no longer need to spend our entire lives protecting an image that may have been created many years ago.

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Part Two: The Role of Memory, Experience, and the Past in Creating Mental Identity

Mental identity does not appear suddenly. The human mind builds it gradually over many years from memories, experiences, successes, failures, fears, and relationships.

If we ask someone, “Who are you?” much of the answer will usually be based on the past.

People often describe their family, education, career, successes, failures, or important life experiences.

In reality, the mind consults memory in order to answer the question, “Who am I”?

This shows that a large part of our identity is constructed from the past.

Memory: The Archive of Identity

Memory is not merely a storage place for information.

The mind uses memory to create a coherent story about itself.

When we remember an event, we do not simply review the event itself; we also reactivate the meaning we attached to it.

Two people may have a similar experience but create very different identities from it.

One may say:

"I am a weak person".

Another may say:

"This experience taught me a great deal".

The event is similar, but the meaning created by the mind is different.

That meaning becomes part of the person's future identity.

Why Do Some Memories Last Longer?

The mind does not give equal importance to all experiences.

Experiences accompanied by strong emotions are usually stored more deeply in memory.

Being humiliated.

Being praised.

Being rejected.

Falling in love.

Failing.

Succeeding.

These moments carry strong emotional energy, and the mind stores them as important events.

Later, these memories may be activated repeatedly and influence how a person sees themselves.

Sometimes a simple sentence heard years ago still affects our decisions and emotions today.

Identity: A Collection of Interpretations

Identity is not created only from events; it is created from our interpretation of events.

Imagine a child who makes a mistake in school and is laughed at by classmates.

The child's mind may conclude:

"I should not speak in front of others".

If this belief is repeated, years later the person may identify as a shy individual.

Yet the root of this identity may have been a single experience and a mental interpretation of it.

The mind gradually creates broad conclusions from limited experiences.

From one failure, a failure identity.

From one criticism, a feeling of worthlessness.

From one success, a feeling of superiority.

These stories may continue for many years.

When the Past Creates the Future

Many people unconsciously predict their future based on their past.

If they have failed before, they expect failure.

If they have been rejected before, they expect rejection.

If they have been criticized before, they fear expressing themselves.

The mind generalizes past patterns into the future in order to protect us.

This mechanism can be useful, but when it operates unconsciously, it keeps people imprisoned in the past.

They no longer see the world as it is; they see it through the filter of old experiences.

Can Identity Change?

One of the most hopeful truths about the human mind is that identity is not completely fixed.

If identity has been constructed, it can be reconsidered.

People can examine the beliefs they have carried for years.

They can ask:

“Is this belief still true”?

“Was this conclusion built from a limited experience”?

“Am I still the same person I was in the past”?

Real growth begins when a person has the courage to re-examine the old stories of the mind.

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Part Three: The Role of Family, Society, and Culture in Shaping Mental Identity

Mental identity is not formed only within the individual. Family, society, school, culture, and the surrounding environment all play a deep role in shaping it.

From the moment of birth, a person enters a network of messages, values, beliefs, and expectations. These messages gradually enter the mind and become part of the image the person creates of themselves.

At first, a child sees themselves through the eyes of others. They do not yet have an independent definition of who they are. When they repeatedly hear:

"You are a good child".

"You are troublesome".

"You are intelligent".

"You are lazy".

These statements may become part of their mental identity.

Family: The First Mirror of Identity

Family is the first place where a person learns who they are.

The way parents look at the child, encourage them, criticize them, accept them, or even remain silent can affect identity formation.

A child who feels loved only when successful may build an identity based on the belief, “I must always be perfect”.

A child who is constantly compared with others may believe that their worth depends on performance.

By contrast, a child who feels accepted despite mistakes usually develops a more flexible identity.

School and Society: Expanding the Mental Image

After family, school and society enter the process of identity .construction

Children and teenagers learn which behaviors are rewarded and .which are criticized

:They gradually accept roles

The excellent student
The quiet person
The funny person
The shy person
The successful person
The troublemaker

.The mind often turns temporary roles into lasting identities

Culture and the Definition of Worth

Every culture has its own standards for what makes a person valuable.

In some cultures, financial success is emphasized.

In others, education, social status, marriage, appearance, or family roles are emphasized.

People unconsciously absorb these standards and may begin measuring their worth according to them.

In this case, identity is no longer shaped from within; it is fed by external standards.

The Danger of Living Through Roles

One important consequence of social identity is that people may confuse themselves with their roles.

I am a manager.

I am a mother.

I am a doctor.

I am an artist.

These roles are real and important, but they are not the entirety of a person.

When someone completely identifies with a role, any change in that role can create an identity crisis.

Awareness: Stepping Back from Labels

Awareness does not require abandoning social roles. We still have responsibilities within family, society, and work.

Awareness simply reminds us:

"I play a role, but I am not only that role".

When people understand this distinction, they become more flexible.

Criticism no longer threatens their entire worth.

Failure no longer destroys their whole identity.

And success no longer traps them inside a new mental image.

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Part Four: Attachment to the Mental Image; Why Is Losing "Me" So Frightening?

After years of collecting memories, experiences, judgments, and social roles, the mind creates a relatively stable image of "me." This image may be accurate or inaccurate, but it becomes very important because it creates a sense of continuity and identity.

Gradually, people become attached to this image.

They say:

"I am a successful person".

"I am strong".

"I have always been respected".

"I am someone others need".

These statements begin as descriptions but gradually become part of mental identity.

The stronger the attachment becomes, the stronger the fear of losing it becomes.

Fear of the Mental Image Collapsing

Often what frightens people is not the event itself, but what the event does to their mental image.

A person who sees themselves as “always successful” may fear failure intensely.

A person who sees themselves as “always strong” may avoid showing weakness.

A person who sees themselves as “always approved by others” may suffer greatly from criticism.

In these cases, people are not only protecting themselves; they are protecting the image the mind has created.

When Life Changes

Life is naturally changing.

Jobs change.

Relationships change.

The body changes.

Social status changes.

Yet the mind often wants to preserve a fixed image of itself.

This is why some life changes can create an identity crisis.

A person who has defined themselves through a career may feel empty after retirement.

Someone who built their identity around a relationship may feel that part of themselves has disappeared when the relationship ends.

What changed was the role or circumstance, not the deeper awareness of existence.

Why Does the Mind Fear the Unknown?

The mind prefers what is familiar, even when the familiar causes suffering.

Mental identity creates a sense of familiarity.

People know how to define themselves.

They know how others see them.

They know what role they play.

When these definitions are questioned, the mind feels unsafe.

This is why people sometimes cling to limiting identities simply because they fear the unknown.

Attachment and Suffering

Wherever strong attachment exists, fear and suffering are usually present as well.

If we see our value only in success, every failure becomes a threat to our identity.

If we see our value only in others' approval, every criticism becomes painful.

If we define ourselves only through one role, losing that role feels like losing ourselves.

Suffering decreases when we realize:

"I experience roles, but I am not only my roles".

"I experience success and failure, but I am not only success or failure".

Freedom from the Mental Image

Freedom does not mean having no identity; it means not being imprisoned by identity.

People can have jobs, qualities, interests, and responsibilities while also knowing that these are not the entirety of who they are.

When attachment to the mental image decreases:

Criticism becomes less destructive.

Life changes become less frightening.

Failures become less identified with personal destruction.

And people become more flexible and peaceful.

Awareness reminds us that mental identity is a tool for living, not a prison that must be protected for a lifetime.

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Part Five: The Inner Witness; Is There Something Beyond Mental Identity?

So far we have seen how the mind creates an image of "me" from memories, experiences, social roles, and beliefs. Now a deeper question appears:

If mental identity is created by thoughts and experiences, who is observing those thoughts and experiences?

When we say, "I am sad," something within us notices the sadness.

When we say, "I am worried," something recognizes the worry.

When we say, "My mind is crowded," something observes the crowded mind.

This inner observer is what many spiritual traditions and some psychological approaches call the witness or awareness.

The Difference Between Thought and the Observer

Imagine sitting in a room and looking through a window.

Cars pass by.

People come and go.

Clouds move across the sky.

But you are not the cars or the clouds; you are simply observing them.

Thoughts are similar.

A thought appears.

It stays for a while.

Then it disappears.

If we can observe thoughts, then we cannot be only the thoughts themselves.

A Simple but Deep Experience

Close your eyes for a moment.

Notice the first thought that appears.

Perhaps it is about work.

Perhaps it is a memory.

Perhaps it is a worry about the future.

Now ask yourself:

Who noticed that this thought appeared?

The thought itself cannot observe itself.

Something within you recognizes the appearance of the thought.

This simple experience opens a doorway toward the inner witness.

Why Is the Witness Important?

As long as a person is completely identified with thoughts and mental identity, every thought has great power over them.

If the mind says, “I am a failure,” the person experiences it as an absolute truth.

But when the inner witness is present, the person can see:

“A thought of failure has appeared in my mind”.

This small shift creates a huge difference.

In the first state, the person is submerged in the thought.

In the second state, the person observes the thought.

Observation creates distance, and distance creates freedom.

The Witness and Inner Peace

Much of inner peace comes from realizing that we do not need to follow every thought.

A thought can appear without becoming our identity.

An emotion can arise without defining our entire existence.

Fear can be present without becoming the ruler of our life.

The inner witness is like the sky.

Thoughts, emotions, and roles are like clouds moving through it.

Clouds change, but the sky remains.

Is the Witness Just Another Thought?

Sometimes the mind tries to turn the idea of the witness into another thought.

But the witness is more an experience of awareness than a mental concept.

Whenever we simply notice thoughts, sounds, and sensations without becoming lost in them, we are experiencing the witness.

The experience may last only a moment, but that moment reveals that human beings have a capacity for awareness beyond the ordinary flow of thoughts.

The Beginning of Real Freedom

Understanding the inner witness does not mean withdrawing from daily life.

We still work, make decisions, plan, and fulfill our roles.

But we are no longer completely lost in the story of the mind.

Gradually we realize that mental identity is only one layer of human experience, not the whole truth of who we are.

Perhaps real freedom begins here:

The moment a person realizes that they can observe the mind without being imprisoned by it.

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Chapter Two Summary: Mental Identity and Discovering a Deeper Layer of Existence

In this chapter, we began a journey into one of the most complex parts of human experience: understanding the identity created by the mind.

From the earliest years of life, humans begin answering a fundamental question:

"Who am I"?

The answer created by the mind is usually built from experiences, memories, judgments, beliefs, and social roles.

The mind creates a story about us in order to make the world understandable.

This story can be useful.

It helps us make decisions, communicate, and understand our place in life.

But the problem begins when we forget that this story is only a mental structure, not the complete truth of our existence.

The Self: A Story Written by the Mind

A large part of human suffering begins when people become completely identified with their mental story.

If the mind creates the story:

"I am a failure",

a person may live for years with the feeling of failure.

If the mind says:

"I am not enough",

a person may constantly try to prove their worth.

If the mind says:

"I must always be strong",

a person may refuse to accept help even when they need it.

The problem is not the existence of these thoughts.

The problem is believing they are the final truth about who we are.

Identity: A Tool for Life, Not a Prison

Identity is necessary for life.

Humans need to understand their abilities, responsibilities, and relationships with the world.

But identity becomes a problem when it loses flexibility.

A person can say:

"At this stage of life, I have these qualities".

But if they say:

"This is who I am forever and I cannot change",

they close the door to growth.

Life is always changing, and humans are part of that change.

Beyond Roles and Characteristics

We have many roles in life.

We are children.

Parents.

Friends.

Colleagues.

Professionals.

But none of these roles represent our entire existence.

Our personality traits also do not define our whole being.

A person may be calm today and experience something different tomorrow.

Someone may once have been fearful and later develop courage.

Someone may once have felt limited and later discover new abilities.

Human beings are not fixed and closed systems.

They are constantly experiencing, learning, and transforming.

Discovering Awareness Beyond Identity

The deepest part of this chapter was recognizing something beyond mental identity:

The ability to observe the mind.

When a person can see their thoughts, it means something beyond the flow of thoughts is present.

This awareness allows us to create distance between ourselves and mental stories.

Within this distance, freedom begins.

Because we are no longer forced to believe everything the mind says.

Final Exercise of Chapter Two

Sit quietly for a few minutes and ask yourself:

"If I remove all roles, titles, successes, failures, and judgments from others, what remains"?

Do not search for an intellectual answer.

Simply observe.

Sometimes the deepest answers appear when the mind does not rush to respond

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Chapter Three: The Mind and the Interpretation of Reality

Part One: Humans Do Not See Reality Directly; They Experience the Mind's Interpretation of Reality

People usually believe that they see the world exactly as it is.

They assume that what they observe is the complete truth of reality.

But when we look deeper, we discover that humans are not always experiencing reality itself; they are experiencing their mental interpretation of reality.

There is a distance between what happens and the meaning we give to it.

This distance is where the mind enters.

An event happens.

The mind examines it.

It compares it with past memories.

It creates meaning based on beliefs and experiences.

Then the person experiences not only the event, but also the interpretation created by the mind.

One Event, Many Mental Realities

Imagine two people receiving criticism during a work meeting.

The first person thinks:

"I have failed. Others do not accept me".

They feel sadness, fear, and disappointment.

The second person thinks:

"This is an opportunity to improve".

They feel motivation and growth.

The event is the same.

But the inner experience is completely different.

Why?

Because human suffering or peace does not come only from external events; it is also shaped by the meaning the mind gives to those events.

The Mind: A Meaning-Making System

One of the mind's most important functions is creating meaning.

The mind cannot remain completely neutral toward events.

It always tries to understand:

What happened?

Why did it happen?

What does this mean for me?

This ability helped humans survive.

Our ancestors needed to extract meaning from their environment.

A sound in darkness could represent danger.

A person's behavior could indicate friendship or threat.

But the same ability that helped survival can sometimes create suffering in modern life.

The mind may build a heavy story from a simple event.

The Difference Between Reality and the Mind's Story

Imagine a friend does not respond to your message.

The simple reality is:

"They have not responded yet".

But the mind may create many stories:

"They are upset with me".

"I am no longer important to them".

"I must have done something wrong".

At this point, the person is no longer dealing only with a simple fact; they are living with a collection of mental interpretations and assumptions.

Many human worries come not from actual events, but from the stories the mind creates about those events.

The Role of Beliefs in Seeing the World

No human experiences the world completely without filters.

Beliefs are like glasses through which the mind views reality.

A person who believes:

"The world is a dangerous place"

will notice more threats.

A person who believes:

"I can handle difficulties"

will notice more possibilities in the same situation.

This does not mean ignoring real problems.

It means understanding that our view of the world is influenced by our inner structures.

Beginning Freedom: Seeing the Process of Interpretation

Awareness of this process creates a fundamental change.

A person begins asking:

"Is this reality, or my interpretation of reality"?

"Is what I think only a possibility, or an absolute truth"?

"Is my mind repeating an old story"?

These questions create distance between the person and mental interpretations.

And within this distance, the possibility of choice appears.

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Chapter Three: The Mind and the Interpretation of Reality

Part Two: Mental Filters; Why Does Every Person Experience a Different World?

If humans live in the same world, why are their experiences of life so different?

Why is one event an opportunity for one person and a threat for another?

Why is something calming for one person but anxiety-provoking for someone else?

The answer lies in one important feature of the mind:

The mind does not receive reality directly; it processes reality through internal filters.

These filters include memories, beliefs, past experiences, fears, expectations, and values developed throughout life.

Humans do not see the world only with their eyes; they see it through the mind.

The Filter of Past Experiences

One of the strongest mental filters is the past.

The mind constantly examines previous experiences to interpret new situations.

If someone has repeatedly been judged in the past, they may expect judgment in new situations.

If someone has experienced many successes, they may enter new situations with greater confidence.

In both cases, a person is not facing only the present moment; the past is also present with them.

The past is like a pair of glasses that can change the color of today's experience.

The Filter of Beliefs

Beliefs are among the most powerful forces shaping human experience.

A belief is an interpretation that the mind accepts as truth.

For example:

A person believes:

"Mistakes mean I have no value".

When a mistake happens, the mind does not see only an event; it interprets it as a threat to personal worth.

Another person believes:

"Mistakes are part of learning".

They see the same event as an opportunity for growth.

The event is the same, but beliefs change the experience.

The Filter of Fear

Fear is one of the strongest filters of the mind.

When the mind senses danger, it directs attention toward possible threats.

In this state, the mind notices more things that could go wrong.

A person afraid of failure sees more possibilities of failure.

A person afraid of rejection notices more signs of rejection.

Fear is like a light that illuminates only a certain part of reality.

What remains in darkness may include opportunities and possibilities the mind can no longer see .

The Filter of Expectations

Humans often notice what they expect to see.

If someone expects others to disagree with them, they notice disagreement more quickly.

If someone expects failure, they find signs of failure sooner.

This does not mean imagining things or denying reality.

It means the mind organizes attention according to expectations.

Attention is like a light; wherever we place it, that part of the world becomes clearer.

The Filter of Personal Identity

As discussed in Chapter Two, the image we have of ourselves also affects perception.

A person who sees themselves as weak may ignore their abilities.

A person who sees themselves as invincible may ignore signs that they need support.

The mind often absorbs information that matches our existing self-image.

In this way, mental identity becomes a filter through which we see the world.

Can We Live Without Filters?

One might ask:

"Can we see the world completely without mental filters"?

Probably not.

The human mind always uses previous structures to understand reality.

The goal is not to remove all filters.

The goal is to recognize them.

When people do not know which filter they are using, the filter controls them.

But when they see it, they gain more freedom.

Awareness: Seeing the Filters

Growth in awareness means seeing how the mind processes reality.

It means being able to pause and ask:

"Am I seeing reality or my interpretation of it"?

“Is this reaction coming from the present situation or an old experience”?

“Is my mind showing only part of the picture”?

These questions help people move beyond unconscious interpretations.

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Chapter Three: The Mind and the Interpretation of Reality

Part Three: The Power of Beliefs; How Does the Mind Create a World According to Its Beliefs?

People often believe that their beliefs are the result of seeing reality.

But in many cases, the opposite happens.

We often see reality through our beliefs.

Beliefs are like maps created by the mind to navigate the world.

These maps help us find our way, but the problem begins when we forget that a map is not the territory itself.

A belief is only a mental interpretation, yet the mind may experience it as absolute truth.

How Are Beliefs Created?

No person is born with a complete set of beliefs.

Many beliefs are created throughout life.

We learn from family.

We absorb culture.

We create conclusions from success and failure.

We form ideas about ourselves through others' reactions.

A child who repeatedly hears:

"You cannot do it".

May create the inner belief:

"I am not capable".

A child whose efforts are recognized may develop another belief:

"I can learn and grow".

In both cases, the mind has created conclusions from experiences.

But these conclusions are not always complete truth.

How Does the Mind Turn Beliefs into Reality?

The mind naturally looks for consistency between existing beliefs and new experiences.

If someone believes:

"People cannot be trusted",

the mind will notice more evidence supporting that belief.

A small delay in a message response may be interpreted as disrespect.

A small mistake by others may be interpreted as unreliability.

Positive behaviors may be ignored.

In this way, the original belief becomes stronger.

The mind often sees what it expects to see.

Mental Prophecy

Sometimes beliefs act like self-fulfilling prophecies.

A person who believes:

"I am weak at speaking in public",

may experience anxiety during a presentation.

Anxiety reduces concentration.

Performance decreases.

Then the mind concludes:

"See? I really cannot do it".

The real problem was not a natural inability; it was a cycle that began with a belief.

Limiting Beliefs

Some beliefs act like invisible walls.

They stop people from moving forward without them even realizing it.

Examples:

"I am too late to succeed".

"I am not talented".

"Change is impossible for me".

"Others are always better than me".

These beliefs may remain unexamined for years.

But an important question exists:

Is this belief truth, or only a story repeated many times?

Freedom Between Awareness and Belief

People become freer when they can observe their beliefs.

Instead of saying:

"I am this way".

They can say:

“I have a belief that says I am this way”.

This small change creates a great distance.

In the first sentence, identity and belief are merged.

In the second sentence, the person is observing the belief.

And what is observed no longer has complete control over us.

تمرین پایان بخش سوم

Part Four: Emotions; Messages of the Mind or Absolute Truth?

Many people experience their emotions as final truth.

When they feel fear, they conclude:

"There must be danger".

When they feel sadness, they think:

"Something bad has happened".

When they feel worthless, they believe:

"I truly have no value".

But does every emotion reveal complete truth?
Or are emotions also experiences that appear within the mind and body?

Emotions: The Inner Language of Humans

Emotions are not enemies.

They are important parts of human awareness and protection systems.

Fear can protect us from danger.

Sadness can show that something matters to us.

Anger can reveal that a boundary has been crossed.

Emotions are messages from within.

But a message is not always the complete truth.

Just as a warning light in a car does not mean the entire car is destroyed, an emotion does not always mean something is absolutely true.

Confusing Emotion with Reality

One common mental pattern is:

"I feel this way, therefore it must be true".

For example:

"I feel that nobody likes me, so nobody likes me".

"I feel like a failure, so I am a failure".

"I feel the future is dark, so the future will definitely be bad".

Here, an inner experience becomes a judgment about reality.

But emotion is only one piece of information, not the entire picture.

Why Do Emotions Sometimes Mislead Us?

Emotions usually arise from interpretations created by the mind.

An event happens.

The mind gives it meaning.

An emotion develops from that meaning.

For example, if someone sends a short message, the mind may interpret:

"They are upset with me".

Then worry appears.

But later we may discover the person was simply tired.

The emotion was real, but the interpretation behind it may not have been accurate.

Respecting Emotions Without Being Controlled by Them

Awareness does not mean suppressing emotions.

Some people try to eliminate uncomfortable feelings.

They say:

"I should not be sad".

"I should not be afraid".

"I should not be angry".

But resistance often makes emotions stronger.

A healthier approach is to see the emotion, understand it, and allow it to exist without immediately acting from it.

The Difference Between "I Am" and "I Feel"

A small change in language can create a major shift in awareness.

Instead of:

"I am angry".

We can say:

"I am experiencing anger".

Instead of:

"I am fearful".

We can say:

"There is fear present within me".

This shows that emotion is not our entire identity.

It is something we experience, not something we are.

تمرین پایان بخش چهارم

Part Five: Memory; How Does the Past Shape Our Present Experience?

Humans do not live only in the present moment.

Although our bodies are always in the present, our minds often move between the past and the future.

One of the main ways the past influences our lives is through memory.

Memory helps us learn, gain experience, and avoid danger.

But this valuable ability can also become a source of suffering.

Because the mind does not always keep the past as simple information; sometimes it brings it back to life.

Memory: Recording Reality or Reconstructing It?

Many people believe memories are like videos stored in the mind that can be replayed whenever we want.

But memory is more like reconstruction than exact recording.

Each time we remember something, the mind rebuilds it.

Current emotions, present circumstances, and current beliefs can influence how we remember the past.

That is why two people may remember the same event differently.

Each person remembers not only an event, but their personal interpretation of that event.

How Does the Past Enter the Present?

Sometimes something happens in the present, but our reaction is much stronger than expected.

The reason may be that the current event has activated an old memory.

For example:

A person receives a small criticism but feels intense pain.

The reason may not be only the present criticism; it may be connected to past experiences of feeling inadequate.

In such moments, the person is not facing only the present; they are also facing a part of the past.

The Mind: The Guardian of Painful Memories

The human mind tends to remember painful experiences more strongly.

This was useful for survival in the past.

Early humans needed to remember dangers to avoid them again.

But in modern life, this system can sometimes become overactive.

An old failure.

A painful relationship.

A hurtful sentence.

May continue affecting how people see themselves and the world years later.

When the Past Becomes Identity

One of the greatest problems appears when people stop seeing the past as an experience and turn it into identity.

Instead of saying:

"I have experienced failure".

They say:

"I am a failure".

Instead of:

"I made a serious mistake".

They say:

"I am a bad person".

At this moment, the past changes from an event into a permanent definition of the self.

Freedom from the Prison of the Past

Freedom from the past does not mean forgetting it.

The past is part of our life journey.

The experiences, lessons, and growth gained from it are valuable.

But we must distinguish between learning from the past and living in the past.

Learning says:

"What can I understand from this experience"?

Living in the past says:

"Because this happened, I will always be this way".

The first creates growth.

The second creates limitation.

Awareness: Observing Memory Without Being Trapped by It

When a painful memory appears, the mind often tries to recreate the same emotion.

But awareness allows us to observe the memory.

We can say:

"A painful memory has appeared in my mind".

Not:

"I am that past pain".

This simple difference creates distance between ourselves and the past.

The Past Is a Teacher, Not a Prison

The past can teach us, but it should not own our lives.

Every present moment is a new opportunity.

The person we are today is not exactly the same person we were years ago.

We are a combination of experiences, changes, and new awareness.

If the mind allows it, every moment can become a new beginning .

تمرین پایان بخش پنجم فصل سوم

Part Six: The Future in the Mind; How Does Worry About Tomorrow Steal Today's Peace?

Humans are the only beings who can experience an event in their minds years before it happens.

This ability is one of the most remarkable capacities of the human mind.

We can imagine the future, plan, predict risks, and work toward improvement.

But this same ability, without awareness, can become one of the greatest sources of suffering.

Because the mind sometimes uses the future not for planning, but for creating fear.

A Future That Does Not Yet Exist

A large part of human worry concerns events that have not happened yet.

The mind asks:

What if I fail?

What if I become sick?

What if people reject me?

What if the future does not happen as I want?

But the truth is that many of these events do not exist in the present moment.

They are only images created by the mind.

People sometimes suffer for something that has not happened.

The Difference Between Planning and Worry

Planning and worry may look similar, but they are deeply different.

Planning searches for solutions.

The mind asks:

"What can I do"?

Worry is a repetitive cycle of thoughts.

The mind repeatedly asks:

"What if something bad happens"?

Without reaching a clear action.

Planning creates energy.

Worry consumes energy.

The Mind and the Attempt to Control the Future

One major cause of worry is the human desire for control.

The mind feels safe when it believes everything is predictable.

But life naturally includes uncertainty.

No person can control every future event.

Trying to completely control the future is like trying to hold water in your hand.

The tighter you hold it, the more it escapes.

Fear of the Future Is Often Fear of Feelings

Sometimes people are not afraid of the future event itself; they are afraid of the emotions they believe that event will create.

For example:

A person fears failure.

But the deeper fear may not be failure itself; it may be shame, worthlessness, or judgment.

Seeing these deeper layers helps people face their fears more clearly.

How Does the Mind Create the Future?

The mind often uses the past to imagine the future.

If the past contains painful experiences, the mind may imagine the future in the same way.

Someone who has failed several times may believe failure will certainly happen again.

But the future is not simply a repetition of the past.

Every moment contains new conditions, choices, and possibilities.

Returning from the Future to the Present

One of the most important skills of awareness is returning the mind from constant travel into the future.

When worry appears, we can ask:

"Is there a real danger right now"?

"Is there something I can do today"?

"Is my mind creating a frightening story about the future"?

These questions return us from the imaginary world of the mind to the reality of the present moment.

Peace Within Uncertainty

A large part of inner growth happens when people learn to live with not knowing.

Not every answer exists today.

Not every path is already clear.

But people can trust that they have the ability to face whatever comes in each moment.

True peace does not come when everything is under our control;

it comes when we know we can remain present even in uncertainty.

تمرین پایان بخش ششم

Part Seven: Conclusion of Chapter Three; Freedom from the Reality Created by the Mind

Throughout this chapter, we began a journey into one of the most important functions of the mind:

interpreting reality.

We usually believe that we experience the world exactly as it is, but in reality there is an important stage between external reality and our inner experience:

the mind.

The mind acts as a bridge between humans and the world.

It receives information, compares it with the past, creates meaning based on beliefs, and then presents us with an image of reality.

The problem begins when we mistake this mental image for reality itself.

We Do Not Live in the World; We Live in Our Perception of the World

This does not mean the external world does not exist.

Events are real.

Pain, joy, success, and failure are real experiences of life.

But our experience of these events always passes through the mind.

Two people may experience the same situation, yet because of differences in beliefs, memories, and interpretations, they may have completely different experiences.

One person sees a problem as the end of the road.

Another sees the same problem as an opportunity for growth.

The difference is not in the event itself; it is in the meaning given to it.

Understanding the Mind Is the Beginning of Freedom

The goal of awareness is not to silence the mind.

The mind is a valuable part of human existence.

Through the mind, humans learn, plan, create, and organize life.

But the problem begins when the mind changes from a tool into a ruler.

When every thought is considered truth.

When every emotion is considered absolute reality.

When every story created by the mind is accepted without examination.

At that point, people no longer choose; they are guided by old mental patterns.

The Distance Between the Human and the Mind

One of the greatest inner discoveries is that humans can observe their own minds.

When we say:

"I noticed that my mind is worried",

there is something within us capable of observing worry.

This observer is awareness.

At this moment, we are no longer completely lost inside thought.

We step back and see:

"This is only a thought".

"This is only an emotion".

"This is only an interpretation".

And this distance is the beginning of freedom.

Reality Without the Mind's Story

The mind always creates stories.

This is the nature of the mind.

But an aware person learns to distinguish between mental stories and truth.

When something happens, instead of reacting immediately, they pause and ask:

"What actually happened"?

"Which part of my suffering comes from the event itself, and which part comes from the story I created about it"?

These questions are powerful.

Because much human suffering does not come from life itself, but from the mind's resistance to life.

Final Exercise of Chapter Three: Observing the Mind

At the end of the day, sit quietly for a few minutes.

Review three important events of the day.

For each one write:

Event:

What happened?

Mental Interpretation:

What meaning did my mind give it?

Awareness:

Can I observe it without judgment?

This simple exercise gradually increases the ability to see the distance between reality and mental interpretation.

Chapter Four: Awareness and Inner Distance

Part One: What Is Awareness? The Difference Between Thinking and Observing Thoughts

After understanding the mind and the way it interprets reality, we now reach a deeper stage:

Awareness.

Awareness is one of the simplest and yet deepest human experiences.

All humans think, feel, and experience life, but few ask themselves:

"What is it within me that can observe my thoughts and emotions"?

This question begins a journey from living inside the mind toward recognizing something beyond mental activity.

The Difference Between Thinking and Seeing Thoughts

In ordinary life, people become completely identified with their thoughts.

A thought appears:

"I am not successful".

And they immediately believe it.

Another thought appears:

"The future is dangerous".

And the mind enters a cycle of worry.

In this state, people live inside thoughts rather than beside them.

But awareness creates a fundamental change.

A person realizes:

"I am thinking".

This simple sentence creates a major difference.

Because what observes the thought is no longer completely lost inside it.

The Mind as the Sky and Thoughts as Clouds

To understand awareness, we can compare the mind to the sky.

Clouds appear, move, and change.

Sometimes they are bright and peaceful.

Sometimes dark and heavy.

But the sky is always larger than the clouds.

Thoughts are like clouds.

Sometimes calm and positive thoughts appear.

Sometimes fearful and heavy thoughts appear.

But awareness, like the sky, is the space in which all thoughts appear.

The mistake humans make is believing they are only one cloud.

Why Do Humans Identify With Thoughts?

Identification with thoughts begins in childhood.

A child gradually learns to define themselves through name, family, abilities, and life stories.

They say:

"This is who I am".

But many of these definitions come from the mind.

If someone repeatedly hears:

"You are weak",

they may turn that thought into identity.

If someone repeatedly experiences success, they may believe:

"My value depends only on my achievements".

The mind slowly creates a story about the "self".

But awareness shows that humans are greater than this story.

The First Step of Awareness: Observation

Awareness does not begin with a dramatic transformation.

It begins with simple observation.

For example:

A thought about the future appears.

Instead of following it, simply observe it.

Say:

"A thought about the future has appeared in my mind".

This observation creates distance.

The thought may still exist, but its power decreases.

Because the person is no longer completely identified with it.

The Inner Observer

Within every human being exists a capacity that can observe inner experiences.

It can see:

I am angry now.

I am worried now.

I feel happy now.

But this observer is not the anger or the worry itself.

It is that which sees these states.

Recognizing this aspect of existence is one of the most important stages of inner growth.

Awareness Does Not Mean No Thoughts

Some people believe an aware person has no thoughts.

But this is not correct.

The mind will always have activity.

Just as the heart beats, the mind produces thoughts.

The goal of awareness is not to stop the mind.

The goal is not becoming a prisoner of every thought.

Like someone sitting beside a river and watching the water flow.

The water moves, but they do not have to enter the current.

The Distance That Creates Freedom

Between a thought and our reaction to it, there is a small space.

In an unconscious life, this space is very short.

A thought appears and an immediate reaction follows.

But through awareness practice, this space becomes larger.

Within this space, choice exists.

A person can decide:

Should I follow this thought?

Should this emotion control my behavior?

Is another way possible?

This distance is the beginning of inner freedom.

تمرین پایان بخش اول

Part Two: Mindful Presence; Returning from the World of Thoughts to Direct Experience of Life

Modern humans have more information than ever before, but they are less present than ever.

A large part of modern life happens inside the mind.

People think about the past while eating.

Their minds travel to the future while speaking with others.

During rest, they review worries and future plans.

The body is in one place, but the mind travels somewhere else.

This distance between physical presence and mental presence is one of the main causes of modern psychological exhaustion.

Living Inside the Mind

The mind is a valuable tool.

It helps us plan, learn, and solve problems.

But the problem begins when people spend almost their entire lives inside mental activity.

The mind constantly asks:

What happened?

What will happen?

What do others think about me?

Did I make the right decision?

What if I make a mistake?

These questions can be necessary, but when they continue endlessly, they separate us from life itself.

Life is happening, but the mind is busy thinking about life.

The Difference Between Experience and Thinking About Experience

One of the deepest insights of awareness is recognizing the difference between direct experience and thinking about experience.

For example:

A person looks at a tree.

The direct experience is:

The green color.

The shape of leaves.

The sunlight.

The movement of wind.

But the mind immediately enters:

"How old is this tree"?

"Is this a beautiful tree"?

"Why do old trees remind me of childhood"?

These thoughts may be interesting, but they are no longer direct experience.

They are interpretations created by the mind.

The Power of the Present Moment

The present moment is the only place where life truly happens.

The past exists only as memory.

The future exists only as imagination.

But real experience always happens now.

However, the mind often takes people away from this moment.

Sometimes it takes them to the past:

"Why did that happen"?

Sometimes it takes them to the future:

"What will happen"?

And the only moment they truly have is lost.

What Is Mindful Presence?

Mindful presence means the ability to fully enter the experience of now.

When we eat, we truly experience the taste.

When we walk, we feel the movement of the body.

When we speak with someone, we are truly present.

Mindful presence does not mean doing special activities or escaping life.

It means seeing life exactly as it is happening.

Why Is Being Present Difficult?

Because the mind is used to constant movement.

The mind believes that if it stops analyzing and planning, it will lose something.

But sometimes this constant attempt to control takes people away from peace.

The mind is like an ocean that always has waves.

The goal of awareness is not to remove all waves.

The goal is to learn how to remain calm among the waves.

Returning to the Five Senses

One of the simplest ways to return to the present is paying attention to the senses.

Right now:

What sounds do you hear?

What do you see?

What sensations exist in your body?

How does the breath enter and leave?

This simple attention brings the mind back from endless journeys into the present.

Presence Is Not the Enemy of Thought

Some people believe awareness requires stopping all thinking.

But mindful presence is not a fight against thoughts.

Thoughts can exist.

The difference is that we no longer give them all of our attention.

We can think while knowing that we are thinking.

We can plan while remaining present.

Peace in This Moment

Many people wait for special conditions before allowing themselves to experience peace.

They say:

"When I succeed, I will be peaceful".

"When the problem is solved, I will be peaceful".

"When the future becomes clear, I will be peaceful".

But awareness shows that peace is not only the result of changing external conditions.

Sometimes peace begins by changing our relationship with conditions.

The present moment is not perfect, but it is the only place where life can be experienced.

تمرین پایان بخش دوم

Part Three: Awareness and Recognizing Hidden Mental Patterns; Seeing What Keeps Repeating

One of the greatest qualities of awareness is that it allows people to see what was previously hidden in their lives.

Many of our behaviors, reactions, and decisions happen automatically.

We think we are choosing, but sometimes we are only repeating old mental patterns.

We hear a sentence from someone and suddenly become upset.

We enter a familiar situation and show the same old reaction.

We face an old fear and follow the same path again.

Awareness begins at the moment we realize:

"I am not only my automatic reactions".

How Are Mental Patterns Created?

The human mind creates patterns to make life easier.

If we had to analyze everything from the beginning every day, we would use enormous energy.

Therefore, the mind uses past experiences and creates familiar pathways.

This ability is very useful.

For example, when driving, we do not need to think through every step from the beginning.

But this same system can create difficulties in emotional and psychological life.

Because the mind may create patterns that no longer match present conditions.

Repeating Cycles in Life

Sometimes people notice that they repeatedly experience similar patterns.

For example:

They always enter relationships that cause suffering.

They are always afraid of starting something new.

They always try to satisfy everyone.

They always compare themselves with others.

A person may believe the problem is only external circumstances.

But sometimes an inner pattern is repeating.

Until the pattern is seen, real change is difficult.

Reaction or Choice?

One of the greatest differences between an unaware and aware person is the space between an event and a reaction.

An unaware person:

An event happens.

An old pattern activates.

A reaction appears.

But an aware person:

An event happens.

The pattern is observed.

Then a decision is made.

This small space is one of the greatest signs of inner growth.

Recognizing Triggers

In daily life, some events act like buttons that activate certain reactions within us.

A type of behavior, a word, or even a look may create a strong emotional response.

These can be called mental triggers.

Triggers themselves are not the main problem.

The problem begins when we are completely controlled by them without awareness.

Example: Hidden Anger

Imagine someone receives criticism at work.

Their mind immediately reacts:

"They do not respect me".

Anger appears.

But if they observe consciously for a moment, they may realize that the intensity of the anger is not only about today's sentence.

Perhaps past experiences of being ignored or feeling unworthy have been activated.

At this moment, understanding replaces blind reaction.

Awareness: Lighting the Dark Room of the Mind

The unconscious mind is like a dark room.

In darkness, there may be objects we do not know exist.

Sometimes we fear something simply because we cannot see it.

When the light turns on, what seemed frightening may only be a simple object.

Awareness is that light.

It reveals what was hidden.

Observation Without Judgment

One of the most important skills of awareness is observing without judgment.

When we see a pattern within ourselves, we may immediately blame ourselves.

"Why am I like this"?

"Why do I always make mistakes"?

But self-blame reduces awareness.

Calm observation without judgment creates more possibility for change.

Instead of fighting ourselves, we can understand ourselves better.

Change Begins Where Awareness Appears

No pattern changes without being seen.

People cannot change something they are unaware of.

That is why awareness is the first stage of transformation.

First, we see.

Then, we understand.

Then, we create a new choice.

Through repeating new choices, new pathways are formed in the mind.

تمرین پایان بخش سوم

Part Four: The Inner Observer; Discovering a Place Beyond Thoughts and Emotions

In the journey of understanding the mind, there is a moment when a person encounters a deep truth:

I am not only my thoughts.

This sentence may seem simple, but truly understanding it can transform the way we see life.

Most people spend years believing that the inner voice of the mind is who they are.

When the mind says:

"You are not enough".

They believe:

"I am not enough".

When the mind says:

"You have failed".

They feel:

"I am a failure".

But awareness shows that there is a difference between a person and the contents of the mind.

The Voice of the Mind and the One Who Hears It

If we can observe a thought, then that thought cannot be our entire existence.

It is like hearing a sound.

The listener is not the sound.

The sound comes and goes.

But the one who hears remains present.

Thoughts are the same.

They appear.

They remain for some time.

Then they change or disappear.

But something within us observes these changes.

This can be called the inner observer.

Discovering the Observer; A Turning Point in Life

Before recognizing the inner observer, people often struggle with the mind.

When a negative thought appears, they try to remove it.

When an uncomfortable emotion appears, they try to escape it.

But discovering the observer changes our relationship with the mind.

We no longer need to fight every thought.

We can simply see it.

We can say:

"My mind is creating a worrying thought".

This is very different from saying:

"I am a worried and anxious person".

The Observer; A Place of Peace

The mind is always moving.

Sometimes calm.

Sometimes disturbed.

Sometimes hopeful.

Sometimes fearful.

But the inner observer is like a stable point among these changes.

Like the depth of the ocean.

The surface may have waves, but deeper levels contain greater stillness.

A person connected with the observer learns not to live only on the surface of the mind.

They discover a deeper dimension of being.

Why Is This Recognition Difficult?

One reason is that humans are taught from childhood to define themselves through different things.

I am my job.

I am my achievements.

I am my failures.

I am my past.

I am what others think about me.

But all of these are experiences that appear in life.

They are parts of our story, but not the whole of who we are.

Identity Beyond the Mental Story

Imagine someone writes a book about their life.

The book contains memories, successes, failures, and experiences.

But is the author only the book?

No.

The author is the one who wrote the book and can add new pages.

Human life is similar.

The mind writes the story of life, but awareness is beyond the story.

Conscious Distance and Freedom of Choice

The greatest gift of the inner observer is creating distance.

Within this distance, freedom appears.

If the mind says:

"You cannot".

We can ask:

"Is this truth or only a thought"?

If the mind says:

“Everything will go wrong”.

We can see:

“There is fear present in my mind”.

This distance restores the power of choice.

تمرین پایان بخش چهارم

Part Five: Awareness Versus Judgment; Freedom from the Inner Critic

One of the most powerful voices humans encounter throughout life is the inner judging voice.

This voice can become so familiar that people do not even notice its presence.

A voice that says:

"You are not good enough".

"You should have done better".

"Why are you not as successful as others"?

"You always make mistakes".

Many people believe this voice is the truth.

But awareness shows that this voice is only a mental activity; part of the stories created by the mind over the years.

The Creation of the Inner Critic

The inner critic usually develops with the intention of protection.

During childhood, the human mind tries to adapt to its environment.

If a child repeatedly experiences criticism for mistakes, an inner voice may develop that constantly controls them.

At first, this voice may have a protective purpose:

"Do not make mistakes to avoid harm".

"Try harder to be accepted".

But over time, it may transform from a guide into a prison.

The Difference Between Growth and Self-Blame

Many people believe that judging themselves harshly will help them improve.

They think:

"If I am strict with myself, I will become more successful".

But there is a major difference between growth and blame.

Growth begins with understanding.

Blame begins with rejecting oneself.

Growth says:

"This part of life needs improvement".

Blame says:

"I am the problem".

One opens a path.

The other keeps people trapped in guilt.

How Does Mental Judgment Create Suffering?

The mind does not only see events; it judges them.

A simple mistake may become:

"I am incapable".

A failure may become:

"I will never succeed".

A criticism may become:

"I have no value".

In this process, a limited event becomes a complete definition of identity.

Observing Judgment Without Believing It

Awareness does not mean eliminating the judging voice.

The mind may continue to comment.

But an aware person learns not to believe everything the mind says.

When the mind says:

"You failed".

We can observe:

"A thought about failure has appeared in my mind".

This small change has great power.

Because we are no longer controlled by the message of the mind.

Self-Compassion; The Foundation of Deep Awareness

One sign of growing awareness is the ability to treat ourselves with kindness.

Self-compassion does not mean excusing mistakes.

It means accepting our human nature.

All humans make mistakes.

All humans experience fear, weakness, and difficult moments.

When people stop fighting themselves and become supportive toward themselves, they gain more energy for change.

A New Conversation with the Mind

An aware person can change their relationship with the mind.

Instead of:

"Why am I always like this"?

They can ask:

"What caused this pattern to develop in me"?

Instead of:

"I should not feel this way".

They can say:

"This feeling is present now; what message does it have for me"?

This type of conversation creates a healthier relationship between humans and their minds.

Freedom from the Need for Approval

One form of mental judgment is strong dependence on others' opinions.

The mind says:

"If others accept me, I have value".

But this belief keeps people constantly seeking approval.

Awareness shows that human worth is not created only by the opinions of others.

A person has human value before receiving any approval.

The Silence Between Judgments

Sometimes the greatest transformation happens when a person creates a small space between two thoughts.

The mind judges.

But the person does not immediately react.

In that space, a small peace appears.

This small peace is the beginning of freedom.

Because the person realizes:

"I do not have to follow everything my mind says".

تمرین پایان بخش پنجم

Part Six: Awareness in Daily Life; Turning Understanding into Experience

Awareness reveals its true value when it is not only a mental concept but becomes part of daily life.

Many people read about peace, presence, and self-understanding, but in real moments they repeat the same old patterns.

Knowing something and experiencing it are different.

A person may know anger is harmful, yet still react in old ways when angry.

They may know worry destroys peace, yet spend hours trapped in anxious thoughts.

Awareness becomes deeper when it enters real moments of life.

Awareness During Difficult Moments

Most people feel aware when life is calm.

When everything goes well, observing thoughts and emotions is easier.

But the true moments of growth are when life does not follow our expectations.

When someone hurts us.

When we face failure.

When fear or disappointment appears.

In these moments, awareness does not mean suppressing emotions.

It means seeing them before they completely control us.

The Pause; The Small Space Between Event and Reaction

One of the simplest and most powerful practices of awareness is creating a pause.

Usually an event happens and the mind immediately reacts.

A sentence is heard.

An emotion appears.

A thought forms.

Then behavior follows.

But even a few seconds of pause creates a new space.

Within that space, we can choose.

The Power of Three Conscious Breaths

Sometimes during intense emotions, we do not need complicated practices.

Three conscious breaths can change the direction of our reaction.

First breath:

We notice the body.

Second breath:

We observe the emotion.

Third breath:

We choose how to respond.

This small distance can prevent many regretful reactions.

Awareness in Relationships

A large amount of human suffering happens in relationships.

Because we do not only react to others' behavior; we react to our mind's interpretation of their behavior.

Someone replies late.

The mind says:

"They do not care about me".

Someone disagrees.

The mind says:

"They do not accept me".

Awareness helps us observe these stories before believing them.

Conscious Listening

One of the most beautiful forms of awareness is truly listening.

Many times, when others speak, people are not actually listening.

They are preparing their response.

Judging.

Or comparing.

Conscious listening means being fully present with another person.

It means temporarily putting aside mental stories and seeing the human being in front of us.

Awareness in Work and Daily Activities

Living consciously does not mean abandoning responsibilities.

An aware person still works, plans, and prepares for the future.

The difference is the quality of presence.

They do not live only for the final result.

They are present in the journey.

When they do something, they are truly present with that activity.

Turning Ordinary Moments into Awareness Practice

We do not always need special time for awareness practice.

Every moment can become an opportunity.

Washing dishes.

Walking.

Waiting.

Driving.

Drinking tea.

All can become practices of presence.

The problem is not that life lacks peaceful moments.

The problem is that we often are not present during our own lives.

Awareness and Acceptance

One of the deepest parts of awareness is acceptance.

Acceptance does not mean surrendering to problems.

It means seeing reality as it is before trying to change it.

When people fight reality, they lose great amounts of energy.

But when they first see clearly, they discover better choices.

Living from Awareness

Living consciously means living from a new place.

Not from fear.

Not from habit.

Not from old reactions.

But from seeing, understanding, and choosing.

In this state, the mind still exists.

Emotions still exist.

Problems still exist.

But our relationship with them changes.

We are no longer victims of inner experiences.

We become witnesses and choosers.

تمرین پایان فصل چهارم

این پرسش‌های ساده، آگاهی را از یک مفهوم به یک تجربه زنده تبدیل می‌کنند.

Chapter Five: The Silence Behind Thoughts

Part One: The Noisy Mind and the Truth Hidden Behind It

After understanding the mind, its interpretations, and creating distance between ourselves and thoughts, we now enter a deeper stage:

Recognizing the silence that exists behind the constant flow of thoughts.

Most people believe the mind is exactly what they hear throughout the day; the endless voice that analyzes, compares, judges, worries, and reviews the past and future.

But when we look more carefully, we discover that the mind is not only thoughts.

Something deeper exists.

A space where thoughts appear.

The silence that is always present, even when the mind is full of noise.

The Endless Voice of the Mind

The human mind is an extraordinary ability.

Through it, we plan, solve problems, create, and learn from experiences.

But this valuable tool can sometimes continue without rest.

When we wake up in the morning, thoughts begin.

Future worries.

Past memories.

Judgments about others.

Judgments about ourselves.

Daily plans.

Comparisons and expectations.

The mind is like a radio that has been left on all the time.

The problem is not that the radio exists.

The problem is that we have forgotten how to lower its volume or simply listen without believing everything it says.

Can the Mind Be Stopped?

A common question on the path of awareness is:

"How can I stop thinking"?

But perhaps the better question is:

"How can I change my relationship with my thoughts"?

Trying to completely stop the mind is like trying to stop ocean waves.

The mind naturally produces thoughts.

The goal of awareness is not destroying thoughts.

The goal is recognizing the silence behind them.

The Silence That Always Exists

Even when the mind is full of thoughts, something in the background remains unchanged.

Imagine music playing in a room.

If you only focus on the music, you may forget that the space of the room also exists.

But the music happens within that space.

Thoughts also appear within the space of awareness.

This space of awareness is inner silence.

Why Are Humans Afraid of Silence?

Many people become uncomfortable with silence.

As soon as an empty moment appears, they pick up their phones.

Turn on music.

Search for new information.

Because silence brings people face to face with themselves.

In silence, things hidden by constant activity appear.

Emotions.

Fears.

Worries.

Deep questions of life.

But if people learn to remain present in these moments, silence is no longer a threat; it becomes a space for self-understanding.

Silence and True Peace

Many people confuse peace with the absence of problems.

They think they will be peaceful when:

There are no worries.

There are no difficulties.

Everything goes according to plan.

But deep peace does not come from external conditions.

True peace appears when a person can access a calm center within themselves among life's changes.

This center is the silence behind thoughts.

Experiencing Silence in Daily Life

To experience silence, we do not need to escape life.

Silence does not exist only in special places or long meditation sessions.

Sometimes it appears in simple moments.

Looking at the sky.

Listening to rain.

Breathing without judgment.

In these moments, the mind becomes quieter for a while, and we experience something deeper.

The Difference Between Emptiness and Silence

Some people think silence means emptiness.

But the silence of awareness is not emptiness.

In fact, silence can be full of presence.

Like the space between musical notes.

Without pauses between notes, music cannot exist.

Silence is also the space that allows life to be experienced.

Returning Home Within

Humans spend years searching for peace outside.

In success.

In possessions.

In approval.

In achieving goals.

But sooner or later, they discover that what they seek cannot be found only in external conditions.

A deeper peace exists within.

A place that exists before every thought, every judgment, and every mental story.

The silence that has always been with us.

تمرین پایان بخش اول

Part Two: Meditation and Observation; How to Approach Inner Silence

Throughout history, humans have always searched for ways to understand themselves.

Different cultures and civilizations have offered various methods for finding peace and inner awareness.

One of the oldest and deepest methods is meditation.

But meditation, contrary to what many people believe, does not mean escaping life, completely emptying the mind, or reaching an unusual state.

In its simplest meaning, meditation is:

Seeing what is happening within us without immediately becoming involved with it.

Meditation; Returning to Observation

The mind usually moves us quickly from one thought to another.

One worry connects to another.

One memory activates another.

One judgment creates another.

Meditation is the moment when we step back from this flow and simply observe.

Like someone sitting beside a river and watching the water flow.

They do not try to stop the river.

They simply observe it.

Thoughts are like the flow of water.

They come and go.

A Common Misunderstanding About Meditation

Many people become disappointed when they begin meditation.

They say:

"I cannot calm my mind".

"I have too many thoughts".

"Meditation does not work for me".

But the problem is not meditation.

The problem is an incorrect expectation.

The goal of meditation is not removing thoughts.

If the mind produces thoughts, that is part of its nature.

The goal is realizing that thoughts are events happening in the mind, not absolute truths about life.

Observing Without Interfering

One of the most important principles of meditation is observing without interfering.

Usually when a thought appears, people immediately enter its story.

For example:

A thought about the future appears.

The mind begins:

"What if this happens"?

"What if I fail"?

"What if others reject me"?

A small thought becomes a long chain of worry.

But in conscious observation, we simply notice:

"A thought about the future has appeared".

This distance reduces the power of the thought.

Breathing; The Bridge Between Mind and Now

One of the simplest tools of meditation is paying attention to breathing.

Breathing always happens in the present moment.

It is not in the past or the future.

When we focus on breathing, we return from the world of thoughts to direct experience.

The feeling of air entering.

The feeling of air leaving.

The gentle movement of the body.

All bring us back to the present.

Meditation in a Busy Life

Some people believe meditation requires hours of sitting in a quiet place.

But daily life can also become a place of practice.

A few moments before replying to a message.

A few seconds before reacting in an argument.

A moment while drinking tea.

A moment while looking at nature.

All are opportunities to return to awareness.

Observing Emotions

Meditation is not only observing thoughts.

Emotions are also part of human experience.

Sometimes people try to quickly remove sadness, fear, or anger.

But resistance often makes emotions stronger.

In meditation, we observe emotions.

We say:

"Anger is present now".

"Fear is present now".

Not:

"I am anger".

"I am fearful".

This difference is very important.

Emotions Are Like Clouds

Emotions are not permanent.

They are like clouds moving across the sky of the mind.

Sometimes dark clouds appear.

Sometimes the sky is clear.

But the sky is always greater than the clouds.

Awareness is also like the sky.

Thoughts and emotions appear within it, but they are not our entire existence.

Meditation and Changing the Mind

Continuous practice of observation and presence can gradually change how the mind functions.

A person who regularly pauses and observes reactions becomes less controlled by old patterns.

They gain more space for choice.

They respond more calmly.

And they create healthier relationships with themselves and others.

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Part Three: Why Inner Silence Has the Power to Transform Life

At first glance, silence may seem simple and even insignificant.

Many people understand silence only as the absence of sound; a time when nothing is said and nothing important happens.

But inner silence is much deeper than the absence of noise.

Inner silence is a space of awareness where a person is no longer completely trapped in the endless movement of the mind.

Within this space, life can be experienced without the usual filters of thought.

The Mind Is Always Creating Stories

One of the main functions of the mind is giving meaning to events.

The mind cannot simply see an event; it immediately creates a story about it.

Someone does not answer our message.

The mind says:

"They are upset with me".

Or:

"I am not important to them".

A simple event becomes a story about our value and identity.

But inner silence allows us to see reality before believing the stories created by the mind.

The Distance Between Reality and Interpretation

One of the greatest lessons of awareness is that there is a difference between "what happened" and "what the mind says about it".

Reality:

"Someone spoke less today".

Mental interpretation:

"They do not love me anymore".

Reality:

"I did not succeed at a task".

Mental interpretation:

"I am a failure".

A large part of human suffering comes not from events themselves, but from the stories created about them.

Inner silence helps us see this difference.

Silence; The Space of Choice

When people are completely lost in their thoughts, their choices become limited.

They only react.

But when they create distance from thoughts, the possibility of choice appears.

Within that space they can ask:

"Is this truly the best response"?

"Is there another way"?

"Am I acting from fear or awareness"?

These questions are the beginning of freedom.

Why Does Silence Create Creativity?

Many great human ideas have appeared during moments when the mind moved away from pressure and noise.

Sometimes the best solution to a problem appears when people stop forcing their minds for a while.

Because a tired mind often repeats old paths.

But in silence, new possibilities become visible.

Silence creates space where creativity can emerge.

Silence and Self-Knowledge

As long as the mind is constantly speaking, people have little opportunity to know their deeper selves.

They remain occupied with thoughts, memories, roles, and stories.

But in silence, they begin to see what has always existed in the background.

True values.

Deep desires.

Hidden fears.

And something beyond the mental image they created of themselves.

Silence and Freedom from the Past

Many people live in the past.

Not because the past still exists, but because the mind continues repeating stories about it.

An old mistake.

A failure.

A finished relationship.

The mind rebuilds them again and again.

But in inner silence, people realize:

"I am here now, not in the past".

The past was an experience, not a prison.

Silence and Facing Fear

One reason people avoid silence is fear of facing inner emotions.

Sometimes the busyness of life becomes a way to escape seeing ourselves.

But when we sit in silence, we may encounter fears ignored for years.

This moment may not be easy, but it can become the beginning of freedom.

Because what is seen no longer has the same hidden power.

Silence Does Not Mean Inaction

Some people believe calming the mind means becoming passive or giving up effort.

But true silence does not make people inactive.

On the contrary, it allows clearer and calmer action.

The difference is that action no longer comes from fear, hurry, or unconscious reactions.

It comes from clarity and awareness.

Returning to the Inner Center

In daily life, humans are constantly pulled outward.

News.

Social media.

Other people's opinions.

Competition.

Expectations.

Among all these voices, inner silence is like returning home.

A place where we find ourselves again.

Not the image created by the mind.

But the presence that has always existed.

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Part Four: Life After Discovering Silence; How Inner Peace Becomes Stable

Recognizing inner silence is not the end of the journey; it is the beginning of a new relationship with life.

Many people believe peace is something they must achieve through effort; a future goal that will arrive after success, wealth, or better circumstances.

But the peace that comes from inner silence does not depend on external conditions becoming perfect.

It begins with a simple truth:

Within every human being, there is a part that remains beyond the changes of the mind and life.

Peace Is Not Dependent on Conditions

People often postpone peace until the future.

They say:

"When the problem is solved, I will be peaceful".

"When I have more money, I will be peaceful".

"When others accept me, I will be peaceful".

“When I achieve my goal, I will be peaceful”.

But life shows that every time one desire is fulfilled, the mind creates another.

If peace depends only on achievement, people will always move it into the future.

Inner silence shows that peace can also be experienced now.

The Mind Will Continue to Exist

A common mistake on the path of awareness is believing that after discovering silence, no unpleasant thoughts or emotions will ever appear.

But the mind continues its natural activity.

Worries may appear.

Anger may appear.

Fear may arise.

The main difference is that we no longer completely identify with them.

We understand:

“This is an experience, not my entire truth”.

Changing the Relationship with Suffering

Life always includes change, loss, challenges, and difficult moments.

Awareness does not promise that humans will never suffer again.

But it changes our relationship with suffering.

Before awareness:

"Why did this happen to me"?

"I cannot handle this".

"Life should be different".

After awareness:

"This experience is here now".

"What can I learn from it"?

"How can I be present with it"?

Suffering may exist, but mental resistance becomes weaker.

Peace Does Not Mean Lack of Emotion

Sometimes people confuse peace with becoming cold or indifferent.

But aware people experience deeper emotions.

They feel joy more deeply.

They understand love more clearly.

They even experience sadness with greater awareness.

The difference is that emotions no longer destroy them.

They allow emotions to come and go.

Living With the Mind, Not Under Its Control

The goal of awareness is not abandoning the mind.

The mind is one of humanity's greatest abilities.

Through the mind we learn, create, and improve the world.

The problem begins when the mind becomes the ruler.

Conscious living means:

Using the mind without becoming imprisoned by it.

Thinking without being lost in thoughts.

Planning without losing the present moment.

Silence and Human Relationships

One of the most beautiful results of inner silence is transformation in relationships.

When people are less trapped in their mental stories, they can truly see others.

They judge less.

Listen more.

React less.

And respond more consciously.

Many conflicts are created not by events themselves, but by unresolved mental interpretations.

Awareness reveals this distance.

Silence and Decision-Making

A busy mind often makes decisions from fear.

Fear of failure.

Fear of judgment.

Fear of loss.

But when people access inner silence, decisions come from greater clarity.

They can better see:

What truly matters?

What is only a mental fear?

What aligns with their real values?

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Chapter Six: Freedom from the Cycle of the Mind

Part One: Understanding Repeating Cycles of Thought and Suffering

After understanding overthinking, the identity of the mind, awareness, and the silence behind thoughts, we now reach one of the most important stages of inner transformation:

Freedom from the cycles that the mind repeatedly creates.

Many people believe their suffering comes only from events happening in life.

But when we look deeper, we discover that much human suffering comes not from events themselves, but from the mental cycles created afterward.

An event ends, but the mind continues it.

A conversation finishes, but the mind discusses it for hours or even days.

A mistake happens, but the mind recreates that moment repeatedly.

This is where people become trapped not in the event itself, but in their mental interpretation of it.

How Does a Thought Cycle Begin?

A thought rarely remains alone.

The mind works like a chain where each thought brings another.

For example:

A person makes a mistake at work.

First thought:

"I made a mistake".

Second thought:

"Maybe others think I am not capable".

Third thought:

"Maybe I will not succeed in the future".

Fourth thought:

"I always fail".

Within minutes, a small event becomes a large story about identity.

The Mind's Attempt to Solve Everything

One major reason for overthinking is that the mind believes more thinking can solve everything.

The mind says:

"If I analyze more, maybe I will find the answer".

"If I review the past repeatedly, maybe I can fix the mistake".

"If I imagine every possible future, maybe I can prevent danger".

But this is not always true.

Sometimes more thinking does not create solutions; it only creates more anxiety.

Constructive Thinking vs. Mental Rumination

Constructive thinking has a purpose.

For example:

Examining a problem.

Finding a solution.

Learning from an experience.

But mental rumination usually moves in a repetitive loop.

In rumination, questions never end:

"Why did this happen"?

"What if I had acted differently"?

"Why am I like this"?

But no real answer appears.

Only more mental exhaustion appears.

The Cycle of the Past

One of the most common mental cycles is constantly returning to the past.

The mind selects an event and reviews it again and again.

A mistake.

A missed opportunity.

A spoken word.

An old decision.

The problem is not learning from the past.

Learning from the past is necessary.

The problem begins when we no longer learn from the past, but live inside it.

The Cycle of the Future

Just as the mind can become trapped in the past, it can become imprisoned in the future.

Worry about events that have not happened is one of the greatest sources of mental exhaustion.

The mind tries to control the future.

But life always contains uncertainty.

No amount of thinking can remove every possibility.

Sometimes peace begins when we accept:

"I cannot control everything, but I can choose how I respond".

The Cycle of Comparison

Another powerful mental cycle is comparison.

The mind constantly asks:

Where are others?

Where am I?

What do I lack?

Who is better?

In today's world, social media has intensified this cycle.

People do not usually compare their real lives with others' real lives; they compare themselves with carefully selected images.

This often creates a feeling of inadequacy.

The Cycle of Fear

Fear is one of the mind's important protective tools.

But when it becomes excessive, it limits life.

The mind says:

"Do not start, you may fail".

"Do not try, you may be judged".

"Do not change, you may lose something".

If people always follow fear, their world gradually becomes smaller.

The Beginning of Freedom; Seeing the Cycle

No cycle can change without being seen.

The first step is not immediately removing negative thoughts.

The first step is seeing them.

When a person realizes:

"I have entered the same old pattern again".

A distance appears.

And this distance is the beginning of freedom.

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Part Two: Breaking Mental Habits; How New Pathways Are Created in the Mind

The human mind works through patterns.

This ability has originally been very useful for survival.

If the mind had to learn everything from the beginning every day, life would become extremely difficult.

The mind uses past experiences and creates fast pathways.

That is why many daily actions happen without conscious thinking.

Walking.

Driving.

Speaking.

Doing familiar tasks.

But this same ability can sometimes create mental habits that no longer serve us.

The Mind and Old Pathways

Every time a thought, emotion, or reaction is repeated, that pathway becomes stronger.

Like a road used by more and more vehicles every day.

Over time, it becomes the easiest route.

The same happens in the mind.

If a person reacts with worry for years, worry becomes the familiar pathway.

If they constantly criticize themselves, self-judgment becomes a habit.

If they always fear change, fear becomes the default response.

Why Are Mental Habits Difficult to Change?

Many people ask:

"If I know a thought or behavior harms me, why can't I change it"?

Because the mind does not operate only through logic.

Many patterns are connected to feelings of safety.

Even a painful pattern may feel familiar and predictable.

The mind sometimes prefers familiar suffering over unknown change.

Understanding Automatic Reactions

A large part of human life happens automatically.

Something happens.

The mind creates an interpretation.

An emotion appears.

Then we react.

All of this may happen within seconds.

But awareness reveals this chain.

When we can see the moment between emotion and reaction, we gain more freedom.

The First Step of Change: Recognizing Triggers

Every mental cycle usually has a beginning point.

It may be:

A sentence from another person.

A memory.

A place.

A piece of news.

An image.

A comparison.

When people recognize their triggers, they are no longer completely surprised.

They can observe the cycle before being fully pulled into it.

Creating Space Between Trigger and Reaction

One of humanity's greatest abilities is choosing a response.

But this ability appears when space is created.

Between:

Event and reaction.

Thought and belief.

Emotion and action.

At first, this space may be very small.

But with practice, it grows.

This small space is where freedom exists.

Creating New Pathways

Freedom does not only mean removing old habits.

The mind needs new pathways.

If people only try not to worry, they may return to worry again.

But if they learn to:

Observe.

Breathe.

Examine reality.

Treat themselves with kindness.

A new pathway gradually forms.

The Power of Conscious Repetition

Changing the mind is not an instant event.

It is like creating a new path in nature.

One walk does not create a road.

But repetition strengthens the path.

Every time a person chooses awareness instead of an old reaction, they strengthen a new pathway.

Self-Compassion During Change

One major obstacle to change is excessive self-criticism.

Some people blame themselves when they return to old patterns.

But harsh self-judgment often strengthens the same old cycle.

Change requires patience.

People must treat themselves like a caring friend.

Not with irresponsibility, but with understanding and awareness.

Freedom from Old Identities

Sometimes people are not only attached to habits; they are attached to old images of themselves.

For example:

"I am an anxious person".

"I always fail".

"I cannot change".

These statements are not just descriptions.

They become mental prisons.

Awareness shows that humans are greater than the stories the mind creates about them.

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Part Three: Freedom from Fear, Control, and the Need for Constant Certainty

One of the deepest cycles created by the human mind is the continuous attempt to control everything.

The mind wants certainty.

It wants to know what will happen.

It wants to predict the future.

It wants to prevent every pain, failure, and mistake.

On the surface, this may look like responsibility; but when it becomes excessive, it turns into an invisible prison.

Instead of living, people spend their lives constantly preparing to live.

The Need for Certainty; One of the Mind's Games

The mind says:

"If I predict everything, I will not be hurt".

"If I examine every possibility, I will not make mistakes".

"If I am always prepared, nothing bad will happen".

But the truth is that life is never completely predictable.

A part of life always remains unknown.

Trying to eliminate uncertainty completely is like trying to stop the movement of time.

Control; The Illusion of Security

Control is necessary to some extent.

People need to plan, take responsibility, and prepare for the future.

But there is a great difference between responsibility and trying to control everything.

Responsibility says:

"I will do what I can".

Excessive control says:

"Everything must happen exactly as I want".

The first creates peace.

The second creates anxiety.

Fear of the Future

A large part of human worry concerns events that have not happened yet.

The mind creates images of the future and then reacts emotionally to those images.

An imagined event can create real fear.

The body does not always easily distinguish between real danger and mental imagination.

That is why people sometimes suffer for hours from something that has not happened.

Freedom from Fighting the Future

Freedom does not mean ignoring the future.

Aware people still plan.

But they do not live in the future through fear.

They say:

"I prepare for the future, but I do not live in the future".

This is one of the most important principles of inner peace.

Accepting Uncertainty

A major part of inner maturity is the ability to live with the unknown.

A child usually wants everything to be predictable.

But an adult learns that life is a combination of known and unknown.

Not everything can be controlled.

Not every answer can be found today.

Sometimes we must allow the path to reveal itself.

Fear; Enemy or Messenger?

Many people fight their fear.

But fear is not always an enemy.

Sometimes fear carries a message.

It may show that something matters to us.

It may invite us to be more careful.

The problem begins when fear becomes the ruler of life.

Awareness helps us listen to fear without becoming its servant.

Courage Without the Absence of Fear

There is a common misunderstanding that a courageous person has no fear.

But true courage exists when fear is present.

A courageous person is not someone who never feels afraid.

It is someone who chooses consciously despite fear.

Fear may walk beside us, but it should not drive our life.

Letting Go of the Need for Approval

Another form of mental control is trying to control how others see us.

People want everyone to like them.

Everyone to approve of them.

No one to judge them negatively.

But this goal is impossible.

Even the best people are misunderstood by some.

Freedom begins when people no longer receive their value only from others' opinions.

Returning to Inner Trust

When people stop trying to control everything, they discover something deeper:

Trust.

Not blind trust, but trust in their ability to face life.

They do not know everything that will happen.

But they know they can meet whatever comes.

This is the difference between constant fear and inner peace.

Choose one situation you usually overthink.

Ask yourself:

❋Is this truly within my control?

❋What part is my responsibility?

❋What part must I release?

Then consciously let go of what is beyond your control.

Part Four: True Freedom; Living Without Constantly Fighting the Mind

Many people spend years fighting with their own minds.

They become tired of their thoughts.

Exhausted by their worries.

They try to escape painful memories.

And they attempt to remove unpleasant emotions.

But fighting the mind usually does not create peace.

Because whatever we fight intensely often gains more power.

True freedom begins when we stop fighting the mind and change our relationship with it.

The Mind Is Not the Enemy

After understanding mental rumination, some people believe the mind itself is the main problem.

But the mind is not the enemy.

The mind is a tool created for protection, learning, and adaptation.

The problem begins when people forget that the mind is only a tool.

Like a knife, which can prepare food or cause harm.

The tool itself is not the problem; the way it is used matters.

Accepting Thoughts Instead of Fighting Them

One of the most important stages of freedom is accepting the existence of thoughts.

Acceptance does not mean believing every thought.

It means allowing thoughts to appear without unnecessary struggle.

If the mind says:

"You may fail".

We do not need to immediately fight it.

We can simply notice:

"A fearful thought has appeared".

This observation creates distance.

Humans and Mental Stories

The human mind creates stories.

This ability has helped humanity progress.

But sometimes we confuse stories with reality.

The mind says:

"I am not enough".

"I always make mistakes".

"Others are better than me".

But these are not permanent truths.

They are stories created over time.

Awareness helps us see the story without being forced to believe it.

Ending the Endless Search for Perfection

One exhausting mental cycle is the search for perfection.

People think:

If I become better, I will be peaceful.

If I make no mistakes, I will be accepted.

If I do everything correctly, I will stop worrying.

But perfection is a goal with no ending.

The mind can always discover a new imperfection.

Freedom begins when people stop connecting their value to being flawless.

Living from Choice

The mind tends to push people toward quick reactions.

But awareness creates space for choice.

Within this space, people can decide:

Should I respond or stay silent?

Should I believe or observe?

Should I move from fear or awareness?

These choices may seem small, but they transform life.

Releasing Resistance to Emotions

Much human suffering comes not from emotions themselves, but from resisting them.

When people say:

"I should not feel sad".

"I should not be afraid".

"I should not be angry".

An inner battle begins.

Emotions are part of human experience.

They come, deliver their message, and change.

The Power of Presence During Difficult Moments

It is easy to feel aware during peaceful times.

But true power appears when life becomes difficult.

When we receive bad news.

When someone judges us.

When our plans change.

In these moments, presence means not escaping into the past or future.

It means staying with the reality of this moment.

Freedom Does Not Mean Having No Thoughts

Some people imagine a free person is someone who no longer thinks.

But this is impossible.

Humans cannot live without thoughts.

Freedom means:

Thinking without being lost in thoughts.

Feeling without being controlled by emotions.

Planning without losing the present moment.

Returning Power to the Human Being

When people stop fighting their minds, they regain their power.

Not every thought becomes a command.

Not every emotion becomes the final truth.

Not every fear becomes the decision-maker.

People return to their true position:

The position of the conscious observer.

Inner Freedom

True freedom is not only external freedom.

A person may have limitations yet experience inner peace.

Another person may have many resources but live inside a mental prison.

Inner freedom means no longer being controlled by unconscious mental patterns.

We see.

We choose.

We live consciously.

تمرین پایان فصل ششم

Chapter Seven: Presence in the Present Moment

Part One: Why Does the Human Being Move Away from Now?

After understanding mental cycles and finding a way to become free from them, we now reach one of the deepest subjects of human life:

The ability to be present in the present moment.

Many people believe they live in the present because their bodies are physically here.

But true presence is not only physical presence.

A person's body may be in one place while the mind is living years in the past or days in the future.

Someone may sit beside family while the mind remains occupied with an old conversation.

Someone may experience a beautiful moment while worrying about something that has not happened.

The body is in the present, but the mind is somewhere else.

Now; The Only Place Where Life Happens

All experiences of life happen only in the present moment.

The past exists when memories appear in the present.

The future exists when imagination and plans are created in the present.

But life itself is always happening now.

Yet the human mind often tries to escape this moment.

Because the mind works with past and future.

It uses the past to create identity.

And it uses the future to predict and protect.

But real life always happens now.

Why Does the Mind Escape the Present?

One major reason is that the mind is always looking for something to solve.

The mind asks:

What is wrong?

What could go wrong?

What needs to change?

But the present moment does not always need to be solved.

Sometimes it only needs to be experienced.

The sound of rain.

A simple conversation.

Breathing.

A peaceful walk.

The mind may ignore these simple moments because it searches for bigger problems.

The Trap of the Past

The past can be a valuable teacher.

People learn from previous experiences.

But when the mind repeatedly recreates the past, it becomes a prison.

Some people live for years with an old mistake.

A failure.

A lost opportunity.

A sentence they heard long ago.

But the truth is:

That moment no longer exists.

Only the image created by the mind remains in the present.

The Trap of the Future

Just as the past can trap people, the future can do the same.

Planning for the future is necessary.

But constantly living in the future separates people from the only moment they truly have.

The mind says:

"When I reach that goal, I will be happy".

"When the problem is solved, I will be peaceful".

" When things improve, I will start living".

But if people always wait for the future, they may spend their entire lives waiting.

تمرین پایان بخش اول

Part Two: The Art of Seeing the Moment; How to Bring Attention Back to Now

The human mind naturally tends to move away from the present moment.

Sometimes it returns to the past to review memories.

Sometimes it travels into the future to predict possibilities.

And sometimes it gets lost in comparisons, judgments, and fantasies.

For this reason, presence is a skill — a skill that can be practiced.

Presence does not mean stopping life.

It means fully seeing what is happening right now .

Why Does Attention Become Scattered?

In the modern world, the mind constantly faces new stimuli.

Phone notifications.

Messages.

News.

Social media.

Advertisements.

Continuous comparisons.

Each one takes a portion of our attention.

As a result, the mind becomes accustomed to jumping from one subject to another.

When this habit becomes strong, even peaceful moments feel difficult to experience fully.

Attention: Humanity's Greatest Resource

Wherever our attention goes, our experience follows.

If our attention is constantly in future worries, the body remains in the present while life is experienced through anxiety.

If our attention is trapped in the past, the present moment is lost.

Therefore, returning attention to the present is one of the most important practices of awareness.

Seeing Without Judgment

Usually when we see something, we immediately judge it.

Good or bad.

Beautiful or ugly.

Useful or useless.

Mindful presence means first simply seeing.

For example, while looking at the sky, we do not need to immediately think about it.

We can simply observe the colors, the light, and the movement of the clouds.

This kind of seeing helps the mind become quieter.

The Power of the Five Senses

One of the fastest ways to return to the present is through the senses.

Right now, you can:

Name three sounds you hear.

Observe three things you see.

Feel the contact of your feet with the ground.

Notice the movement of your breath.

When attention returns to the senses, the mind steps away from its endless journeys.

Presence in Simple Activities

Many people believe that presence requires a long meditation session.

But daily life is full of small opportunities.

When drinking tea, just drink tea.

Feel the warmth of the cup.

Notice its aroma.

When walking, feel the movement of the body and the contact of the feet with the ground.

When speaking with someone, truly listen.

These simple moments become gateways to the present.

The Art of Pausing

The mind is accustomed to reacting immediately.

It hears a sentence and answers.

An emotion appears and behavior follows.

But a brief pause changes the quality of life.

Before responding.

Before sending a message.

Before making a decision.

Just a few seconds of stopping.

In that pause, awareness has a chance to appear.

When the Mind Escapes

It is natural for the mind to wander away from the present repeatedly.

The goal of presence is not to prevent wandering forever.

The goal is to notice it and gently return attention.

Like guiding a child who is slowly learning the path.

Each return is part of the practice.

The Present and Gratitude

When people truly arrive in the present, they begin to notice things that were previously ignored.

Morning light.

The sound of birds.

A friend's smile.

The health of the body.

The air they breathe.

Gratitude arises naturally from presence.

Not as a mental obligation, but as a living experience.

Presence and Deep Peace

The more a person remains in the present, the less the mind becomes trapped in endless stories.

This does not mean life becomes problem-free.

It means problems no longer occupy the entire inner space.

Even in the middle of challenges, a space of presence and peace remains.

The same space that earlier chapters called inner silence.

A Practical Exercise for Returning to Now

Two-Minute Presence Practice

Sit or stand comfortably.

Take three slow breaths.

Notice five things you can see.

Notice four sounds you can hear.

Notice three sensations in your body.

Remain present for one minute without judging anything.

Result Calmer mind, stronger presence

End of Part Two, Chapter Seven

Returning to the present is a return to the simplest and deepest human experience.

We do not need to create a new life.

We only need to truly see the moment in which we are already living.

And within that simple seeing, there is a hidden peace that many people have searched for throughout their lives.

Part Three: Presence in Relationships, Work, and Daily Life; How to Live the Now in Every Moment

Presence is not only a practice during silence or meditation.

If awareness exists only during peaceful moments, it has not yet become part of life.

The true goal is to carry presence into every area of life:

Conversations.

Work.

Decisions.

Joy.

And even difficult moments.

Presence means living with our whole being, not simply passing through moments.

Presence in Human Relationships

Many human conflicts are created not because love is absent, but because presence is absent.

Sometimes two people are together, but neither truly sees the other.

One person speaks while the other prepares a response in the mind.

One expresses emotions while the other is busy judging.

In such situations, real connection does not happen.

The Art of Conscious Listening

True listening is one of the deepest forms of presence.

Most people only wait for their turn to speak.

They hear others, but they do not truly listen.

Conscious listening means:

Without preparing a response.

Without quick judgment.

Without comparison.

Simply being present with another human experience.

Sometimes the greatest gift we can give someone is our complete attention.

Presence in Family Life

In family relationships, presence becomes even more important.

Because many valuable moments are lost through distraction.

People may spend years with loved ones while their minds are always somewhere else.

A child needs presence, not only resources.

A partner needs attention, not only physical existence.

Family members mostly want to feel seen and heard.

Presence in Work and Daily Activities

Many people see work only as a tool for reaching the future.

They say:

"When this project ends, I will relax".

"When income increases, life will improve".

"When I succeed, I will feel satisfied".

But if people always wait for the result, they lose much of the journey.

Presence means experiencing life even while working toward goals.

Quality of Work Through Presence

A distracted mind consumes great amounts of energy.

When we follow many things at the same time, attention becomes weaker.

But full presence in one activity creates deeper focus.

An aware person does one thing with complete attention.

Not only faster, but better.

Presence in Decision-Making

Many wrong decisions come from an anxious and rushed mind.

When people are under pressure from excessive thoughts, they may choose only to escape discomfort.

But presence creates space to truly see before choosing.

Did this decision come from fear?

Did it come from the need for approval?

Does it align with my true values?

Presence During Difficult Moments

Perhaps the most important time to practice presence is when life does not happen as expected.

During illness.

During failure.

During loss.

During sudden changes.

The mind usually tries to escape reality immediately.

But presence means accepting the moment as it is.

Acceptance does not mean loving pain.

It means seeing reality without additional mental resistance.

The Difference Between Acceptance and Surrender

Some people believe acceptance means giving up effort.

But this is not true.

Surrender means losing the ability to act.

Acceptance means seeing reality clearly so we can act more consciously.

When we stop denying reality, we lose less energy fighting it.

And that energy can be used for change.

Presence and Small Joys

The mind often searches for big events to become happy.

But real life is mostly made of small moments.

A cup of tea.

A meaningful conversation.

A sunrise.

A simple laugh.

A present person sees beauty that a hurried mind ignores.

Today, practice this during one conversation:

❋Put your phone away.

❋Do not interrupt.

❋Simply listen.

❋Do not immediately try to fix the problem.

❋Allow the other person to feel truly seen.

End of Part Three, Chapter Seven

Presence is not a special moment separated from life.

Presence means experiencing ordinary life with a new quality.

When people become present:

Conversations become deeper.

Work becomes meaningful.

Suffering becomes more manageable.

And simple moments reveal their true value.

Life is always happening.

The only thing we need is to truly be present within it.

Part Four: Awakening in Daily Life; Transforming Presence into a Way of Living

If presence remains only a short exercise, it may become a temporary experience.

But the deeper purpose of awareness is to transform presence into a way of life.

This means returning to awareness not only during peaceful moments, but throughout all experiences.

When waking up in the morning.

During busy work.

In conversations.

During moments of joy.

And even when life becomes difficult.

True presence means becoming someone who sees life, not someone who merely passes through it.

Automatic Living vs. Conscious Living

A large part of human life is lived automatically.

People wake up.

Perform daily tasks.

Talk with others.

Make decisions.

But many of these moments happen without deep attention.

A person may live inside the same patterns for years without truly noticing them.

Conscious living means stepping out of automatic existence.

It means seeing again what has always been in front of us.

Beginning the Day with Presence

The way we begin the day strongly affects the quality of our mind.

Many people start their mornings with phones, news, and messages.

Without spending even a few moments with themselves.

But a conscious beginning can be very simple.

A few calm breaths.

Attention to the body.

Feeling alive.

Seeing the morning light.

These short moments remind the mind that life exists before every message and piece of information.

Presence During Ordinary Activities

Life is not mostly made of big moments.

Most of life happens through simple daily activities.

Washing dishes.

Cleaning the home.

Driving.

Walking.

Eating.

If we only wait for special moments, we lose a large part of life.

Every simple activity can become an opportunity to return to now.

Slowing Down in a Fast World

Modern life has trained humans to move quickly.

Work faster.

Respond faster.

Do more.

Consume more.

But speed does not always mean quality.

Sometimes people move so quickly that they leave themselves behind.

Awareness means sometimes slowing down to feel our own presence again.

Presence and Connection with the Body

One important way to return to now is reconnecting with the body.

The body always lives in the present.

The mind may be in the past or future, but the body experiences this moment.

The feeling of breathing.

The feeling of movement.

The feeling of tiredness or relaxation.

The body becomes a bridge between ourselves and the present.

Protecting Moments of Silence

In modern life, silence has sometimes become uncomfortable.

Many people immediately search for sound, images, or new information.

Because silence brings them face to face with themselves.

But moments of silence are opportunities to return inward.

A few minutes without external input can reset the mind.

Presence and the True Meaning of Success

Society often defines success through external achievements.

Wealth.

Status.

Fame.

But if people lose themselves while pursuing these things, success is incomplete.

True success means growing while maintaining connection with inner peace.

Presence helps people remember life while moving toward success.

The Present Moment and Love

Real love is impossible without presence.

Because loving someone means seeing them.

Listening to them.

Understanding them.

When the mind is constantly occupied with itself, even the closest people may become invisible.

Presence opens the heart again to connection.

تمرین پایان فصل هفتم

Chapter Eight: Conscious Living and Returning to Silence

Part One: After Understanding the Mind; The Beginning of a New Life

After a long journey through understanding the mind, mental rumination, the roots of suffering, awareness, and presence in the present moment, we now reach the final stage of this path:

Conscious living.

Conscious living does not mean having a life without problems.

It does not mean completely eliminating thoughts, emotions, or difficulties.

It means developing a new relationship with all these experiences.

An aware person still thinks.

Still feels.

Still faces challenges.

But no longer becomes completely lost inside them.

The Main Change; Changing the Relationship with Life

Many people try to change life circumstances in order to become peaceful.

They say:

"If conditions improve, I will be calm".

"If I have more money, I will feel secure".

"If others understand me more, I will be happy".

But after years of searching, people may discover that peace is not only the result of external changes.

Sometimes what needs to change is our relationship with life itself.

The New Human; Neither Slave Nor Enemy of the Mind

In the past, the mind may have been the ruler of life.

Every thought was believed.

Every fear was followed.

Every worry continued for hours.

But with awareness, the position of the mind changes.

The mind still exists, but it no longer has absolute power.

People can observe their thoughts.

Experience their emotions.

And still make conscious choices.

Returning to Inner Silence

Behind all the sounds of the mind, there is a peaceful space.

A space that has always existed.

But has remained unseen because of mental noise.

This space can be called inner silence.

Inner silence does not mean the absence of sound.

It means the presence of awareness that observes all sounds.

Like the sky that remains even when clouds pass through it.

Why Are People Afraid of Silence?

For many people, silence is not comfortable at first.

Because when external sounds become quieter, inner voices become louder.

Thoughts that were ignored for years.

Emotions that never had a chance to be seen.

But if people do not run away from this experience, they discover something profound:

The mind may be noisy, but awareness itself is peaceful.

Silence; Returning to Yourself

Modern humans spend much of their time outside themselves.

In information.

In others' opinions.

In comparisons.

In competition.

But silence creates an opportunity to return.

To return to what existed before roles, successes, and failures.

To the true self.

Conscious Living and Small Choices

Conscious living is not only seen in major decisions.

It appears in small daily choices.

How we speak.

How we listen.

How we eat.

How we treat ourselves.

How we treat others.

Life is built from these small moments.

End of the Search for Perfection

One of humanity's greatest sources of suffering is the belief that we are not enough.

Something is always missing.

We need more.

We need to become better.

We need to reach a point where we finally become peaceful.

But awareness shows that human value does not depend on perfection.

People are valuable before every achievement.

Growth is beautiful, but it does not begin from lack; it begins from recognizing inner worth.

Returning to Simplicity

The mind complicates.

Compares.

Analyzes.

But life itself is simple.

A breath.

A moment.

A connection.

An experience.

Awareness brings humans back to this simplicity.

Not by abandoning responsibilities, but by seeing beauty within them.

Every day, sit silently for a few minutes.

Do nothing.

Change nothing.

Simply be present.

If a thought appears, observe it.

If an emotion appears, experience it.

Then return to silence.

End of Part One, Chapter Eight

Conscious living begins when people stop constantly escaping themselves.

When people understand the mind, they create distance from it.

When they create distance, they experience freedom.

And when they experience freedom, they return to a peace that has always existed within them.

Part Two: Inner Silence and Knowing the True Self; Beyond the Stories of the Mind

Throughout life, humans create many stories about themselves.

I am successful.

I am a failure.

I am strong.

I am weak.

I am valuable.

I am not enough.

These stories gradually become what people call their "identity".

But a deeper question exists:

Are we truly the stories created by the mind?

Or is there something deeper beyond these stories?

Identity Created by the Mind

The mind organizes life in order to understand the world.

It gives meaning to events.

It turns experiences into a continuous story.

This ability is necessary for survival.

But the problem begins when people confuse the mental story with the truth of their existence.

If someone experiences several failures, the mind may conclude:

"I am a failure".

But failure is an experience, not an identity.

The Difference Between Experience and Being

One of the deepest discoveries of awareness is:

What we experience is not everything we are.

We can feel sadness, but we are not only sadness.

We can feel anger, but we are not only anger.

We can have negative thoughts, but we are not only our thoughts.

Emotions and thoughts are like waves appearing on the surface of life.

But something deeper, like the ocean, exists behind them.

The Inner Observer

When people learn to observe their thoughts, a major change happens.

They realize:

"If I can see a thought, then I am not that thought".

This inner observer is the conscious aspect of human existence.

The part that exists before every thought, emotion, and judgment.

The Silence Behind Thoughts

The mind is like a sky through which clouds constantly pass.

Thoughts are like clouds.

Sometimes dark.

Sometimes bright.

Sometimes peaceful.

Sometimes stormy.

But the sky never becomes the clouds.

In the same way, human awareness is not limited to passing thoughts.

Behind all mental sounds, there is a silence that is always present.

Why Is Knowing Silence Important?

Because many people spend their entire lives listening only to the voice of the mind.

They never ask:

Who sees these thoughts?

Who notices changing emotions?

What exists before all roles and stories?

These questions are the beginning of deeper understanding.

Freedom from Roles

Humans have many roles in life.

Father.

Mother.

Child.

Employee.

Leader.

Friend.

But none of these roles represent the complete truth of a person.

Roles are parts of life, but humans are deeper than their roles.

When people completely identify with their roles, changes in those roles create crisis.

But when they connect with inner awareness, life changes do not destroy them.

Silence and Solitude

Many people fear being alone.

Because in silence, external distractions become weaker.

But conscious solitude is different from loneliness.

Loneliness means losing connection with life.

Conscious silence means returning to the deepest connection: connection with oneself.

A Human Being Without Constant Self-Proof

Much human exhaustion comes from the need to constantly prove oneself.

I must show that I am successful.

I must prove that I have value.

I must convince others that I am enough.

But when people return to inner silence, this endless need for proof becomes weaker.

They experience their value from within, not only from others' reactions.

Living from Awareness

When people live from awareness, external events still happen.

Success comes.

Failure comes.

Change comes.

But inner stability becomes stronger.

They are no longer completely moved by every wave of life.

Because they know something deeper and calmer exists within them.

Today, when a strong thought appears, do not immediately follow it.

Simply observe it.

For example:

"I am worried".

Change it into:

"A worried thought has appeared in my mind".

This small change creates a great distance between awareness and thought.

End of Part Two, Chapter Eight

Knowing the true self begins when people realize:

They are not only their thoughts.

They are not only their past.

They are not only their successes and failures.

Behind all experiences, there is a quiet awareness that has always witnessed life.

Returning to this awareness is returning to the inner home of humanity.

Part Four: The Final Return to Silence; Summary and Closing Message

We now arrive at the end of this journey — a journey that began with a simple question:

Why is the human mind so restless?

Throughout this book we discovered that much human suffering does not come only from external events, but from the relationship people have with their own minds.

The mind is an extraordinary tool for learning, creativity, and survival.

But when a person completely identifies with thoughts, the mind changes from a tool into the ruler of life.

Overthinking, constant worry, fear of the future, attachment to the past, and the endless need for approval all begin from this identification.

What We Learned

Along this path we learned that:

Thoughts are not always truth.

Emotions come and go.

Our identity is not limited to mental stories.

Awareness can observe thoughts.

There is a silence behind all mental noise.

Presence in the present moment is a doorway to peace.

And true freedom begins by ending the war with the mind, not by destroying it.

Returning to the Simplest Truth

Sometimes people spend years searching for peace.

In success.

In wealth.

In relationships.

In achievements.

Yet they may eventually discover that deep peace is not something gained in the future.

It is something that can be returned to in this very moment.

With one conscious breath.

With a moment of silence.

With seeing without judgment.

With full presence in the experience that is happening now.

Life Continues

After finishing this book, life will not stop.

Challenges will still exist.

Sometimes the mind will become noisy again.

Sometimes worry will return.

Sometimes fear will appear.

The difference is that now you can see these processes.

You can recognize when you are entering a mental cycle.

And you can return to awareness once again.

Peace: Destination or Path?

One of the most important discoveries of this journey is that peace is not a distant destination.

Peace is a quality of presence.

Each time a person awakens from automatic habits, peace is experienced.

Each time a conscious choice is made instead of an unconscious reaction, peace is experienced.

Each time one returns to the silence behind thoughts, peace is experienced.

Returning to the Inner Home

Perhaps the entire book can be summarized in one sentence:

Human beings were searching for something that had never been separate from them.

Inner silence was always present.

Awareness was always present.

The present moment was always present.

The mind was simply so noisy that this presence went unnoticed.

A Message for the Road Ahead

If there is only one thing to remember after reading this book, I hope it is this:

Whenever the mind pulls you into the past or the future, you can return to the present.

Not through force.

Not through struggle.

But through awareness.

Through seeing.

Through one calm breath.

And through remembering that you are not only your thoughts.

Final Practice

Close your eyes for a few moments.

Take one gentle breath.

Notice your body.

Listen to the sounds around you.

Observe the thoughts that arise.

Then ask yourself:

Behind all these thoughts, what is still peaceful and present?

Perhaps the answer to this question is the beginning of a new chapter in your life.

Final Words

This book was an invitation to return.

To return from the noise of the mind to inner silence.

To return from overthinking to presence.

To return from fear and control to awareness and trust.

And to return from forgetting oneself to knowing the true self.

I hope these pages are not only read, but lived.

For real peace is hidden not in words, but in the direct experience of the present moment.

Final Words

Now that we have reached the end of this book, perhaps the most important question that remains is:

After understanding the mind, what should we do?

The answer may be simpler than the mind expects:

We should live.

Not by fighting our thoughts,

not by trying to completely control our emotions,

not by escaping the difficulties of life;

but by seeing, accepting, and being present.

Human beings spend many years searching for things they believe exist outside themselves: peace, security, satisfaction, and meaning. They look for them in success, possessions, the approval of others, and the hope of a better future.

But perhaps one of the deepest truths a person can discover is that many of the things they are searching for have always existed within them.

Peace is not the absence of problems.

Peace is the ability to remain present within difficulties without losing oneself.

Awareness is not the absence of thoughts.

Awareness is the ability to see thoughts without becoming trapped by them.

Conscious living is not a life without pain.

Conscious living is the ability to experience all aspects of life with presence and acceptance.

Along this journey, the mind will continue to create thoughts, the past will continue to hold memories, the future will continue to bring questions, and life will continue to change.

But the person is no longer the same as before.

Because something within has awakened: the ability to observe.

They learn that not every thought is the ultimate truth.

Not every emotion defines who they are.

Not every event determines their value.

They learn to create a conscious space between themselves and the movements of the mind; a space where freedom, choice, and peace can emerge.

Life may not always unfold the way we want.

Sometimes failure, loss, fear, and uncertainty may walk beside us.

But at the deepest level of human existence, there is a space capable of witnessing all these experiences; a quiet space that is not destroyed by the coming and going of events.

Returning to this space is returning to ourselves.

If this book has been able to separate you, even for a moment, from the speed of life, invite you to observe your mind, or help you become kinder toward yourself and others, then its purpose has been fulfilled.

Ultimately, perhaps the path of awareness is nothing more than remembering:

Remembering that you are not only the thoughts passing through your mind.

You are not only the past you have left behind.

You are not only the roles you play in life.

Behind all these experiences, there is a quiet presence that has always been with you.

So whenever the mind becomes noisy, return.

Return to one breath.

Return to one moment.

Return to this present now.

Because life never happens in the past or the future.

Life is always here.

In this very moment.

And perhaps the greatest gift we can give ourselves is to finally be truly present.

Dr.Behrouz Mehrgoo