

Balancing the Tools of Thought

I have been talking to you about the [Noise of Silence](#) and [Fact Files](#) which are about silence/chatter and attachments and how they work in the mind. The true mastery of your self is bringing both of these tools into balance. It is understanding that neither of these, the silence/chatter or attachments control you.

There is one more entity that I want to bring into this picture. It is called the observer. The observer is the overseer of silence/chatter and attachments. The observer allows you to see each element of the mind from a step back and use each as a tool.

Silence/chatter and attachments can be wonderful tools when they are in balance. They help bring focus and direction to your life. But when out of balance they become disruptive in your thinking and well being. If you only go for silence, you are missing out on your most creative thinking, the greatest inventions, the greatest problem solver, the most magnificent feeling of truth of your highest power. On the other hand if you don't train your mind to silence your chatter, it gets in the way and you miss the meaning of life, you miss your truth. The chatter overwhelms you and you miss the subtle feeling of your higher self. Out of balance your chatter drowns out the subtle voice of true genius and innovation that is yours to hear.

As you use the observer and balance out silence/chatter and attachments you start to see two other thought forms which are called ego and soul (I will address these further in a future post). For now I hope you enjoyed this one and it's given you something to think about.