

GEN0307

MIRACLE OF THOUGHT

Chapter 10

Mind Cleansing

OVERVIEW

Concept

Benefitcial

Mind Detox

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Workshop

Concept of Mind Cleaning

Concept of Mind Cleaning

“Mind Cleaning is about eliminating toxins in the mind. which are thoughts and emotions, anger, irritability, and worry that accumulate if consumed and do not know how to get rid of the residual emotions

Concept of Mind Cleaning

“If a lot of toxins are accumulated in our minds, we will become easily angry, easily hated, easily jealous, easily greedy, depending on us not letting it end. But still continue to concoct it as a story that lasts forever This may result in suffering from high blood pressure, heart disease, neurosis or may want to hurt others.”

Benefitcial of Mind Cleaning

Benefitcial of Mind Cleaning

1. Relationships with those around them are better: because of the use of communication devices during work Or while being with friends, family, they are intentionally and unintentionally disrupting the atmosphere of conversation.
2. Reduced stress: Excessive exposure to news or opinions can be a source of stress. So the simplest and most direct way to solve this problem is Taking a break in media exposure in the online world
3. Have more time for yourself: Leaving your mobile phone at times will allow us to have more time for ourselves to use for other benefits for the body and mind, such as exercising. or doing other activities that do not rely on technology
4. Creativity Awakening : When we have time to do other activities, it will help us be creative and help increase work efficiency.
5. Get a good night's sleep: Social distancing can help you get a good night's sleep. without any disturbance

Benefitcial of Mind Cleaning

6. Helps restore the body : Although taking a vacation from the online world cannot permanently solve chronic problems such as back pain, neck pain, headache, or various eye problems, it can be alleviated.
7. Restoring mental health: Stopping yourself from being unilaterally exposed to information. and turned his attention to communicating with those around him Reduces feelings of loneliness
8. Increase concentration : Helps to increase concentration to focus or pay more attention to something.
9. Increase critical thinking and problem solving skills : Over-reliance on technology There is a tendency for us to choose not to draw upon the potential of our brains and our analytical thinking.

Mind Detox

Mind Detox

Thoughts are difficult to control and prohibit, but adjusting certain thoughts and behaviors can help to suppress a lot of thinking. Especially if you keep practicing and doing it regularly.

Know your own
thoughts.

Adjust the idea.

Talk to someone
close to you.

Deadlines for
crystallizing ideas

Find activities to
do to deflect
thoughts.

Mind Detox

“acceptance and forgiveness Especially myself, everyone was born, there was never anyone who was not mistaken or had different stories in life that we began to see and accept. Forgive yourself and forgive others as a stress detox. Suffering from our hearts lightens our hearts.”

Mind Detox

“Gratitude In 1 day, we should start the day with gratitude. Everything around us is an expression of gratitude for the natural world on this planet, whether that day we may face challenges that come into our lives, let us look for good things from events, people, situations that come in and thank you. no matter what Find something helpful. Having a “thankful heart” by repeating thankful words will calm our minds.”

Mind Detox

“Always use mindfulness. No matter the external circumstances, there are reasons why we cannot control them, but we can control our consciousness to a standstill, which is our responsibility. We should not judge, blame, or scold anyone. Not reacting the way he did to us. We should not reward terrorism with terrorism, but we should reward terrorism by being good, benevolent, or avoiding quarrels, which cause terrorism, and so on.”

Mind Detox

"Trusting and letting go of stories or challenges can be solved by letting go of stories that come from the past, clinging tightly, thinking repeatedly to the present, causing them to be miserable all the time, but understanding that it's like that, it's coming, it's passing, letting go, and trusting is not flavored."

Mind Detox

"Use the power of love, send the power of love to ourselves, until the heart is full, love yourself enough, to overflow from the heart, to let the people around us, whether that person is the person we hate, angry, but when the power of love spreads out, our hearts will be cool and happy."

Digital Detox

Social Detox

"Social Detox is a treatment for addiction to technology or social media by setting oneself away from social media usage, as well as relying on technology in everyday life, for a set period of time, in order to relax and rehabilitate one's body and mind."

Social Detox

Social Media Effectuated

1. Palm aches, neck, shoulders, hands are the most used organs when we play with our smartphone for long periods of time, including the neck, which can cause aching eyes on the screen. If there is pain in the hands, neck and shoulders
2. The light on the smartphone's display screen also has blue light coming out, and blue light is an important part of damaging the retina and also drying out our eyes because of prolonged focus on the screen.
3. These feelings come when we're not playing, feeling anxious and frustrated for a few minutes is a sign that we're starting to get addicted to social media.
4. Insecurity in oneself and comparing life to others, lack of confidence because it compares one's own life with the image seen in society.

Social Detox

1. Turn off notifications or delete : Start by turning off notifications of messages sent by friends. Even the sound of alarm clocks to avoid tampering with the mobile.
2. Refrain or reduce play: it is not a 100% reduction in play, but it is not as it seems, because of course, in everyday life we still have to communicate with outsiders and still have to be aware of the news. We may limit the playing time or reduce the use of the phone.
3. Find activities and hobbies to do: It's a great opportunity to spend time finding activities and hobbies to do, switching from bending over mobile to learning useful new skills.
4. Adjust your perspective on social media : Social media is created for people to connect with people who are far away or to make folds with people who haven't seen each other for a long time via social media.
5. Close the account : If we are afraid that we cannot stop ourselves, closing the account is the best solution, in addition to preventing us from sneaking in to check the notification. It's also telling everyone that we're detoxing.

Workshop

