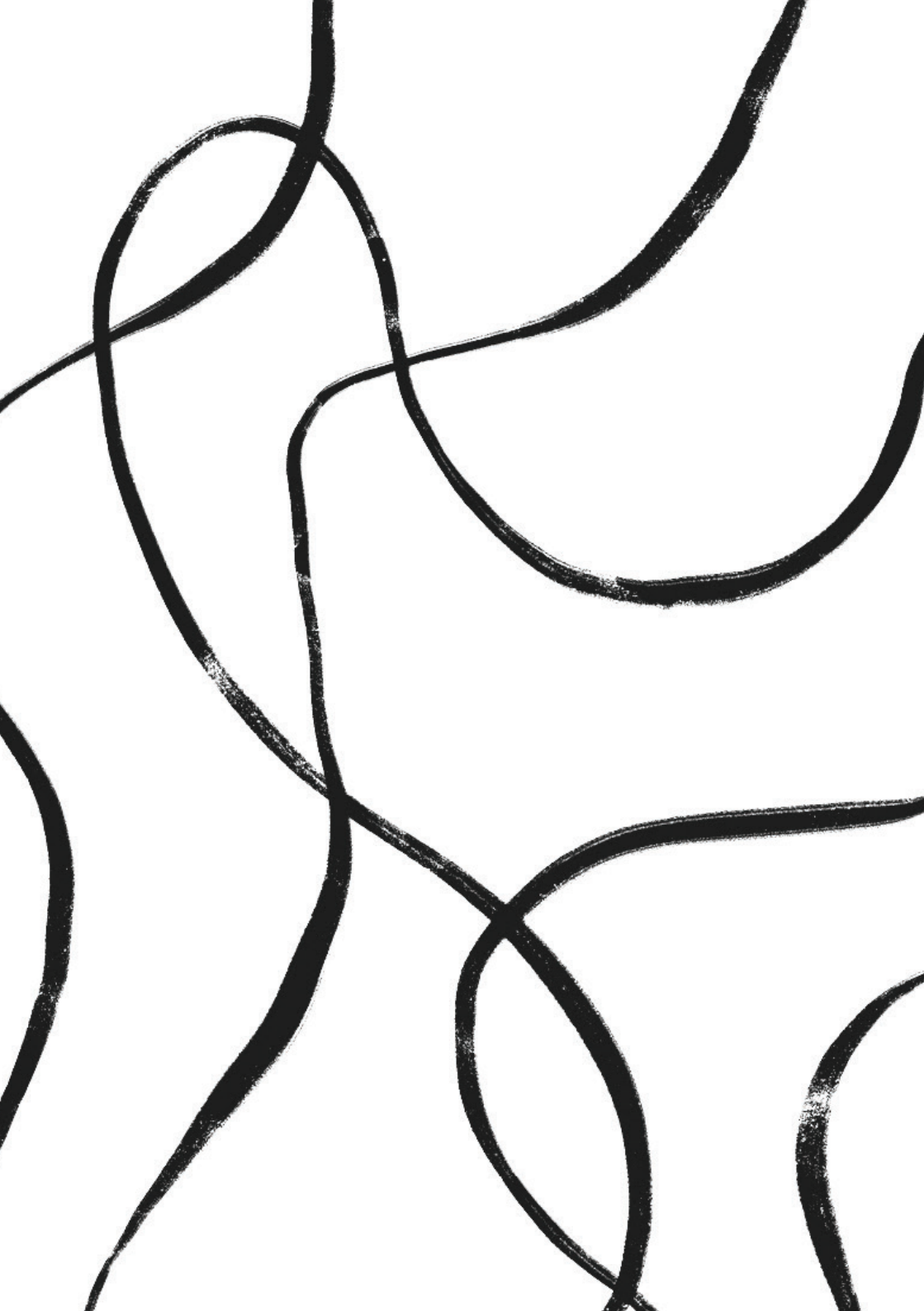


SELF—  
REFLECTION  
REFLECTION  
SELF—



Take a moment to ask yourself the following three questions using the scale below:

1. How much is my mind bombarded with thoughts?

0 \_\_\_\_\_ 10  
None of the time All of the time

2. How much do thoughts act as a barrier in my life?

0 \_\_\_\_\_ 10  
Not at all Extremely frequently

3. Am I willing to make controlling my mind a priority in my life?

0 \_\_\_\_\_ 10  
Not at all Most definitely

# WHAT DO THOUGHTS HAVE TO DO WITH IT?

We all know the impact of overthinking and having racing thoughts.

Our thoughts can be disabling and can prevent us from moving forward.

Our thoughts can act as a barrier, stopping us from obtaining mental clarity.

With a clearer mind, we can function more effectively and efficiently.

There is hope that we can free ourselves from these never-ending and overwhelming thoughts.

The first step towards change comes from practising self-reflection and thought awareness.

We now invite you to reflect on the daily thoughts that you have been having. These may be thoughts such as:

Anxiety	e.g. "They're probably laughing at me."
Anger	e.g. "How dare this happen!"
Jealousy	e.g. "I still can't believe she got a promotion and I didn't!"
Ego	e.g. "I'm going to be amazing as I'm better than everyone else."
Hatred	e.g. "I can't stand my life and the people in it."

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

---

---

Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 1

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

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Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 2

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

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Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 3

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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---

How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

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Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 4

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

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Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 5

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

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Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 6

When I woke up, what thought  
did my mind take?

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How helpful was it to have this thought?

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How did this thought impact my day?

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Imagine if I did not have this thought when I woke  
up, how would my day have gone?

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Now looking at the rest of my day, what sorts of  
thoughts did my mind take?

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If I could eliminate these thoughts from my mind for  
the rest of my life, how would my life be different?

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# DAY 7

This booklet invited you to self-reflect and become aware of the thoughts the mind takes. The last question asked you to consider what it might be like if these thoughts were eliminated from the mind.

Eliminating thoughts can happen in reality by adopting the practice of Simran.

Simran is a focused practice for the mind, which aims to eliminate thoughts in order to establish a permanent sense of peace and happiness.

# HOW TO DO SIMRAN

Simran is the practice of focused repetition of a word. Sikhs use the Gurmantar 'Waheguru', but you can use any neutral, 2-syllable word.

As the word is repeated, thoughts are eliminated and the mind starts to connect to peace.

To try it, close your eyes and place your full focus in saying 'Waheguru' (or your chosen word), listening to 'Waheguru' as you say it repeatedly.

With practice, the aim is to repeat the Gurmantar with every breath – wherever you are and whatever you are doing.

Eventually the mouth and tongue will stop doing the Simran. Instead, the mind will start doing it day and night, even when you are asleep.

But for now, try it for a few minutes and see how it makes you feel.

Visit [withoutshapewithoutform.com](http://withoutshapewithoutform.com) to learn more

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If you would like to know more about Simran, and wish to obtain peace and happiness for the mind, you are welcome to attend one of our Simran workshops.

Further information can be found from the exhibition booklets and from the 'What's On' page of our website.

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We invite you to join our digital community!

Feel free to write a blog of up to a hundred words on your experience with this booklet.

Submit your blog to [community@withoutshapewithoutform.com](mailto:community@withoutshapewithoutform.com) to be a part of our Unthinkable Blog series.





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