



Thought Audit

We are familiar with having an audit of financial affairs to "find out what has been going on" with our dollars, but few of us are familiar with scratching deeper into the processes of our mind and it's thoughts. You may also familiar with the concept that "What we focus on we create around us" but we may not be aware of the amount of control we have over that focus and the thoughts that parade across our mind stream.

A thought audit is a wonderful way of checking into your predominant thought patterns and topics and seeing just how much awareness or focus you can have when challenged. Our modern society pays little attention to this creative process in contrast to the often intense initiation ceremonies that many primitive Nature based cultures engaged to ensure a rounded development of body, mind and spirit.

In any audit we need to find out where each dollar is coming from, and going to. A thought audit is just the same. We can assume that our unconscious thoughts are **coming from** our subconscious as a result of all thoughts that we may have entertained in the past. The quality and content of these thoughts directly relate to what bounces back out of the subconscious and onto our unconscious thought stream. Observing, or becoming conscious of this thought stream forms the basis of the thought audit exercise.

Where these thoughts **go to** of course, is back into our subconscious. This is after having their energetic influence on creating something around us that looks, feels and acts like the thoughts or intents themselves.

To do a thought audit on yourself, simply become aware of what it is that you are thinking and record the thought into categories or themes. For example some people may have many thoughts worrying about work, money or a particular relationship. When you notice a particular theme or topic emerging, simply create a heading and put a stroke underneath that heading for a thought that fits into that topic. It is easy if you use the old 1,2,3,4 vertical strokes and a horizontal stroke through them for the fifth.

When doing a thought audit we use a part of ourselves called "**The Observer Self**". This part simply becomes aware of, or observes the thought, it does not judge or have a dialogue about the thought. Think of it just like a video recorder that simply records whatever it sees and hears, without saying "that's good or that's bad" etc.

At the end of the day you can sort the topics and their scores into either positive or negative categories. Then add up the number of thoughts you had in the positive and negative categories, compare and evaluate the percentage. *This will give you a good idea of how you are creating the life that you are experiencing.* It will also give you vital practice at learning how to focus and become aware of the mind's powerful, creative process.

If you have any questions, please do not hesitate to give me a call. 0408 186 243

Enjoy!

Terry

