

**The title was good enough , wasn't it. I am not a professional writer but wants you to know how to get that feeling you have always been looking for and still are looking for. One thing let me make clear to you, you will never receive everlasting happiness if you keep thinking (doesn't matter good or bad thoughts). To feel you have to stop thinking. You are always feeling inside yourself but there are time when you stop thinking , its just that you never notice them.**

### **The primary reason to stop thinking is because it does the following**

You get in touch with your spiritual soul and you begin to realize that the only happiness in this world is to be alive and every other moment of happiness that u derive is ultimately related to the happiness in being alive.

You forget to realize that you cannot hang on to a single thought (whether it is conscious or unconscious) for more than thirty seconds. There's always a pause between every line of thought which you avoid noticing because you are under the notion that you can never stop thinking as a human.

The bliss you are looking for is inside you but every time you think a thought, whether it be positive or negative, it is coming in the way of your bliss. Its enough to realize that bliss can never be thought into or achieved by doing anything in particular. It's the moment where you get in touch with your spiritual side, your soul and realize it. Its always there inside, all you need to do is let it come to your, your consciousness.

You are always at your best when you stop thinking. Tell me, if u had been referring to some self help books, how many times when you got happy did you think possibly about losing this moment or this happiness (or the technique that got this happiness) all in the very next and not being able to know why you were happy. May be you even had a fear inside of never being able to know why you are happy this moment even though you are trying to understand it to the basic. Its only and only when you stop thinking you'll gradually begin to realize that you are happy for just one reason - being alive.

You can never be happy by thinking all the time. Thinking do makes u happy but there is always this up and down roller coaster and u can never avoid it. I would never say u stop thinking completely, coz thinking is the only way to be creative. As u know the law of attraction states u should think of what u want and that's the only way u can create it. But lets says in one off cases it does not work u get disappointed and there is always a thought related to it. Whenever you are happy due to your good thoughts, it is something that u have got in return for thinking and its not an everlasting one (tell me one if u have any), but if I ask you to what happiness is for u what will u define it as. You may think and explain

Your so called happiness always comes after thinking. Your so called depression always comes after thinking. These emotions are always preceded by a thought or set of thoughts which we make up. But had u ever had a feeling of happiness and never knew why you were happy. That's the bliss. You never have to think that you are happy for being alive.

This is also one of the rules I believe the teachers of the secret law of attraction forgot to include in the book. If you are not happy right now at this moment ask yourself why and I guarantee you'll get the reason to your utmost satisfaction. But for a while just stop thinking and feel the selfless unconditional love. Have you ever asked yourself why you want to be happy. Don't think that you want to be happy to achieve and create things, but you want to get back your happiness which was there when you were born. There is no answer to that. Trust me. Give your mind some rest and it won't disturb you. Once you get used to not thinking you'll find that whenever you are thinking you'll have the good thought coming to you. As you know like attracts like, so happiness attracts happiness. Give it a chance, you will see the difference. And make sure it's a selfless and unconditional love, if you stop thinking and keep thinking when you are going to feel happy. Do yourself a favor, just go download Barry Long's – "how to stop thinking". Please listen to it till the end. He asks you to listen to it anytime you want to.

### **THE REASON WHY I AM WRITING THIS**

Happiness to most of us is derived from thinking about good things, achieving things, being someone, it's fine and it's good that you're ambitious. But think in a lot of our self-help books we are referred to our old time our evolutionary period where we as other animals used to have a single idea behind everything, which is to survive. It's nothing but the love. Any happiness which is not love is not happiness, you may think you're happy but it is actually a satisfaction or may be achieved due to achieving something. If you have gone through the book "the secret" (yeah the same book which sold out in millions), there is an entire CD track on love which it says is the highest emotion and the best emotion you can send out to the world. To be frank when I heard it, at that moment I never realized what they were talking in a deeper sense. I only had an idea about love being the best emotion you can send out. But I had been through many other self-help books and what I found out in those were contradicting ideas. I went through some books on how to be social (I was good socially anyways, but just wanted to get rid of the anxiety whenever I entered groups which had girls in it) and as I read most of those books I noticed that by the end you had a good social knowledge but whenever I interacted with a group I was all the more scared to make mistakes and get

rejected because this time I am supposed to be more matured and dominant since I had all the knowledge. It created a more of an ego problem. Then one day I got to listen to Barry Long's tape on how to stop thinking – the most irritating tape I have ever heard (my god I can't even believe how I completed the entire set it was about an hour long tape). I heard it just once and swore I will never hear it again, the silence on the tape between his words was so irritating, may be because I was used to listening to other tapes where the authors used to be quicker in speaking. Then one day I was sitting in one of the tea shops and stopped thinking suddenly (thought of putting the author's idea into use.) and it worked. It worked like anything. The tape had its effect on me, and since that day I had been more social with everyone and this time I don't compete with people to be more dominant (though you will see that a dominant person is always the one to whom every other person in the group listens to, he's like the father of the group), I just am. But now being dominant and getting girls is not one of my aims but I love everyone, I just don't know why but I just feel it, and the feeling just keeps growing when I stop thinking. In one of the self help books about deliberate creations, I heard that we are all the one, each and everyone of us, but we look different. Let me give you a quick explanation: in that book the author says that if you take two solid things and then break it down to its core level it's nothing but an energy known as atomic energy. The same theory as told in the movie The Secret. In the movie The Secret it was told that you are energy and everything is energy, but I didn't quite follow it at that time and am sure even you must not have. Let's take a look. So let's consider you and me, we both look solid and different and too far away but we are both the same. If I was to consider looking at me and the book I am reading, both are built up of the same atomic energy. Anything, literally anything you see, feel or experience in the world is made of this atomic energy (atomic energy means atom, the smallest indivisible part of anything). Now how is it possible to not love yourself. It's just that visually you are different but at the core we are all the same.

*This is basically an article an article which I found on a website. I don't know who wrote it, but when I read it I just felt I have the similar kind of idea as this author*

You may have looked at the title of this article and thought to yourself why would I want to know how to stop thinking, well the reason is when you stop thinking you can start doing. We all know when we start doing, things get done. However, by thinking too much we often delay what we have to get done or in the worst cases we think so much we actually think of reasons not to do it and then nothing gets done. Although thinking can of course be beneficial in so many ways, knowing how to stop thinking can be a very powerful personal tool.

Over the years I have often wondered how the stop thinking and after reading the Eckhart Tolle book *The Power of Now* I realized that by stopping the thought process I can get much more done in less time and have more peaceful periods to myself when I don't think. Often by thinking too much we end up thinking ourselves into negativity and away from productivity. I found as I got a grip on the concept of **how to stop thinking** so much I would just start doing some of the things I once felt I needed to think about before I started to do. Let me give you a simple example. You are living in a high rise apartment and realize you have run out of milk for your morning breakfast cereal on your only day off this week. So you start thinking about having to get dressed, catching the elevator to the bottom floor, going for a walk to buy the milk, you think about the fact it has also started to rain and then you decide you just couldn't be bothered and you will miss breakfast all together. However in the back of your mind you can't relax because you are hungry and finally after a couple of wasted hours you finally decide to go and get the milk and eat breakfast. If you had given it no thought at all and simply got dressed and gotten the milk you would have started your day on a more positive note.

The example I just gave you is basic and insignificant on its own but when you live a life full of thinking moments like this you end up spending perhaps hours and hours every day wasting time. So many people live this way but you can change and become more productive in both your professional life and personal life when you understand how to stop thinking so much. Of course you will need to spend some of your time thinking but your main aim as far as how to stop thinking is concerned is to get yourself out of the habit of unproductive thinking and more towards a pro active mindset or just spend some time relaxing and rewinding without thinking.

The first step towards your goal of how to stop thinking so much is to first make time each day to sit down and relax. It doesn't have to be for a long period in the beginning, you simply want to get started on creating a new habit. Try taking just 5 minutes a day, anyone can find a spare 5 minutes no matter how busy you are to sit down and relax. Your goal is to do nothing more than to stop thinking. It is a type of meditation but lets not call it meditation, lets just call it your stop thinking time for the sake of the exercise. Sit down whenever and where ever you have time, morning, lunch

time or evening and just stop thinking. When I first started doing it I must say I found it kind of difficult as my mind always seemed to be thinking and would wander back to thinking almost immediately. So you need to focus on something so I decided to take the meditation technique of focusing on my breath without actually thinking about it. You will figure out what works for you when you try it. All I do is close my eyes so I cut down on outside stimulus that could cause me to think and sit in a relatively quiet area and focus on my breath, nothing else. When your mind wanders and it will wander, don't worry about it because that will just cause you to start thinking again, just get back to focusing on your breath, that's all you have to do. It is just like anything else, the more you do this exercise the better you will become at not thinking and in time as you master the art of how to stop thinking I bet you will start to get hooked on doing it. Even though I am much more proficient at being able to stop thinking at will than when I started, I am still not an expert, however, certain revelations seem to come to me while I am not thinking that are like answers to questions I have been subconsciously thinking about. It's like magic in a way and I have no doubt that you will experience this to when you get in touch with how to stop thinking by spending quiet periods relaxing. Now I look forward to these short breaks through my day and on the weekends when I'm home alone I sit and stop thinking for longer periods and always feel rejuvenated after a stop thinking session.

As I have learned how to stop thinking and spend more time relaxed and just concentrating on my breath my subconscious mind has seemed to reveal some hidden secrets to me that have helped me to enjoy my life so much more completely. During periods where I have stopped thinking my mind has revealed to me many of the things which is actually the right answer to many of my own questions which I had only always been asking throughout my life but never made any attempt to answer because when I am thinking I am out of my consciousness (it means I only think within a boundary wherein my thoughts circulate only around those things and events which I have faced till today in life and this in turn ignores infinite number of possibilities and opportunities which are out there in the world, only we need to open up ourselves and look around). Often the answers to many of lifes questions are staring us in the face but we cannot see them because we spend so much time thinking and not enough time simply observing without thinking. When you figure out how to stop thinking you may notice a slight sparkle reappear in your life and a fresh batch of creativity emerge. While we think too much we block our creativity by hanging on too tight to the things in our life. When we let go of the tight grip we have on the things and people around us we allow a fresh form of creative energy to wash over us. This has certainly been the case in my experience. I always felt like I needed a measure of control over the things around me but during my stop thinking sessions I now understand I don't need to be in control I just need to be more observant and not think too much about the little things as most of what I once thought about only ever kept me restricted where as these days I feel much less restricted and ironically, more in control.

For people who are chronically depressed, anxious, moody or just unhappy it is imperative that you understand how to stop thinking since it is all of your thinking that has you angry and unhappy about the circumstances of your life. The answer to overcoming depression and anxiety is in your ability to stop thinking about it. When you spend more time not thinking you will begin to notice those nasty black clouds start to dissipate overhead and as you continue with your stop thinking sessions you will probably have wished you stopped thinking sooner, but when that happens be grateful and don't think about it.

For any suggestions or questions mail me on [andreyluvs@gmail.com](mailto:andreyluvs@gmail.com). I'll respond as and when ii find time. Life is so full of happiness these days