How to remove the unwanted thoughts?

1. Conscious mind
2. Subconscious mind

(Unconsciously something goes inside you and keeps coming out without awareness, when the environment context arises)

* Anger
* Tension
* Fear
* Worry
* Happy
* Unwanted thoughts getting added to existing anger/fear/tension/stress

Choose the **words** carefully

**Choose what thoughts to think and choose the right timing. It will happen**.

1. After getting up, first 10 to 30 minutes
2. Before sleeping, last 10 to 30 minutes
3. While suddenly getting up from sleep
4. While taking bath
5. While eating
6. While drinking water
7. During intercourse
8. Whenever we are emotional (anger/stress/fear), record good things.

Reference: <https://www.youtube.com/watch?v=VAdNLIc5gTM> (Language: Tamil)