**Become Free from the overthinking Mind**

What else is absolutely essential that you don't learn at school? It's connected with awareness—awareness of your thoughts. If you do not learn that you can be aware of your thoughts, then you are trapped in them. Many millions of people on this planet are so identified with their thoughts that they know nothing else about the world or themselves. There exists, however, a dimension of consciousness in every human that transcends the thinking mind. Why don't they teach this at school? It's so basic and simple. Most people spend a lot of time thinking, with a voice in their head that never stops talking. Yet, there’s the possibility of realizing another dimension of consciousness. This dimension can be described as the space in which thoughts arise and subside. It’s the dimension of awareness or presence.

We live in a civilization almost entirely taken over by thought and mental concepts. This has resulted in a tragic loss of the deeper dimension of awareness that exists in every human being. This dimension is not something you need to achieve; you only need to discover it. There’s a big difference between achieving and discovering—achievement requires time, but discovery is about recognizing something that is already here. You discover this dimension of consciousness, which is awareness, in the gaps between thoughts. For example, when I stop speaking and then speak again, there’s a gap where you are just aware. If you are alert in that gap, you are conscious but not conceptualizing. It is vital to be in touch with and rooted in this dimension.

It’s amazing that this awareness is not common knowledge, despite being the most vital aspect of human life. Great teachers pointed to this dimension—the emptiness of the Buddha, the Kingdom of Heaven of Jesus within you here and now—using different words. This awareness can be discovered naturally, often when you look at something in nature, like a tree or the sky. In the first moments of looking, there’s no conceptualization—just pure perception and awareness of that perception. However, the mind quickly steps in to conceptualize. While that’s fine, capturing those initial moments of perception is essential. In those moments, there’s just perception, supported by the awareness or light of consciousness.

When the mind becomes entirely trapped in conceptualizing, those moments of pure perception become so brief that they go unnoticed. Instead, the voice in the head absorbs all your attention. Consciousness, which gives rise to thought, is like the ocean giving rise to a wave. While this conceptualization is an incredible evolutionary step forward, it also carries the danger of losing yourself in it. The ability to focus and think has given rise to amazing things, like science, but we've become increasingly taken over by what is ultimately only an instrument—the mind. Many people are entirely imprisoned in their conditioned minds, which are shaped by the past.

This situation leads to identifying with the movement of thought, where your identity is derived from whatever story your mind tells you about yourself. This is normal but extremely limiting. It’s common for certain thoughts to invade and colonize the mind, taking over almost entirely. These obsessive thoughts can lead to a distorted perception of the world.

Thoughts are energy forms, like little entities that arise and relate to the physical brain. Some thoughts can act like viruses, invading the mind and proliferating. This mental infection can lead to insanity when it reaches a certain point. However, before reaching this point, it may not be recognized as a mental dysfunction. These viral thoughts can also take over collectives, leading to collective delusions that are divorced from reality.

When someone is possessed by a delusion, it’s not wise to confront them directly, as it creates disconnection. Instead, it’s better to be present and listen, allowing the possibility of awareness to arise, which can lead to healing. The most important thing is to bring about the discovery of the dimension of awareness in humans. This awareness is the only way to become immune to the viral infection of dysfunctional thoughts. In today's world, where we are constantly bombarded by thought forms through various media, reducing exposure to these influences and connecting with nature is highly recommended.

Awareness is the only immunity against being taken over by thoughts. Even though you still think, the more aware you become, the less likely you are to be taken over by dysfunctional mind patterns. You still have thoughts, opinions, and viewpoints, but they no longer give you your sense of identity. When your sense of self shifts to awareness, those who hold different viewpoints are no longer your enemies, as your identity is no longer invested in your thoughts.

Recognizing that a lot of thinking is unnecessary and even destructive is crucial. Worrying, for example, is completely purposeless. It doesn’t solve problems but rather perpetuates itself. Similarly, deeply negative thought patterns can be destructive to your health, well-being, and happiness. Recognizing this and letting go of unnecessary thoughts is key to freeing yourself from dysfunctional thinking.

One effective practice is breath awareness, which takes your attention away from the mind and connects you with the aliveness within your body. By becoming aware of your breathing, you take away the lifeblood of thoughts, allowing them to subside. This practice helps you keep thought at bay, not by suppressing it, but by being so alert and directing your attention elsewhere that it naturally subsides.

Discovering that you have the power to become free of dysfunctional thinking is a wonderful liberation. Simple practices like breath and body awareness can help you realize that you are more powerful than your mind. This realization brings you into contact with the essence of who you are—consciousness, the intelligence that pervades your body. This consciousness is your true identity, not the narrative in your mind. While you can still strive to improve your life on the surface level, your ultimate identity lies in the awareness of the present moment.

As the power of awareness grows in you, your thinking becomes more constructive and focused. The mind loses its ability to make you unhappy, as you realize that much of your unhappiness comes from the narrative in your mind, not from the circumstances of your life. This realization is enormously liberating. The unobserved mind creates unhappiness and, on a larger scale, evil in the world. Therefore, cultivating awareness is the most vital practice for personal and collective well-being.