

*“Thoughts are like  
clouds - completely  
changeable, unreliable  
& frequently influenced  
by the weather patterns  
of our minds....”*



# Clarity

# Thought to be transcended:

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A better thought, one you like better but deals with the same issue taking a new perspective or new idea into account:

Hint: You don't have to like this thought & it doesn't have to be realistic, likeable, or even make sense. This first step is just to take you away from the unwanted thought for a while until you find a thought you do like. Keep re-designing this thought until it evolves into one you do like & fits well.

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