

Complimentation[®]
INTEGRATED
INSTITUTE
OF



DAY TWO

IT'S *what you're* THINKING *when you're* NOT THINKING *what*
you SHOULD be thinking that's the PROBLEM.



PONDER

WHAT IS THINKING?

WHAT FUNCTION DOES IT SERVE?

– WHERE IS THINKING LOCATED?

– WHY DO WE THINK?

– WHAT IS ‘THOUGHTLESS’?

– CAN WE SHARE THE THINKING OF ANOTHER?

– HOW CAN THINKING BE ‘IMPROVED’?

– ARE OUR THOUGHTS OUR OWN?

– CAN WE THINK ABOUT ANYTHING?



CONSIDER

WHAT WOULD NOT THINKING BE LIKE?

REGARDING ALL THINKING AS FALSE

- WHERE IS THINKING STORED?
- WHY DO WE HAVE THOUGHTS?
- WHAT IS ‘OUR’ THINKING?
- CAN WE DESTROY THE THOUGHTS OF ANOTHER?
- WHAT DO THOUGHTS FEEL?
- CAN WE GET RID OF THOUGHTS?
- IF WE DON’T THINK OF SOMETHING, DOES IT EXIST?

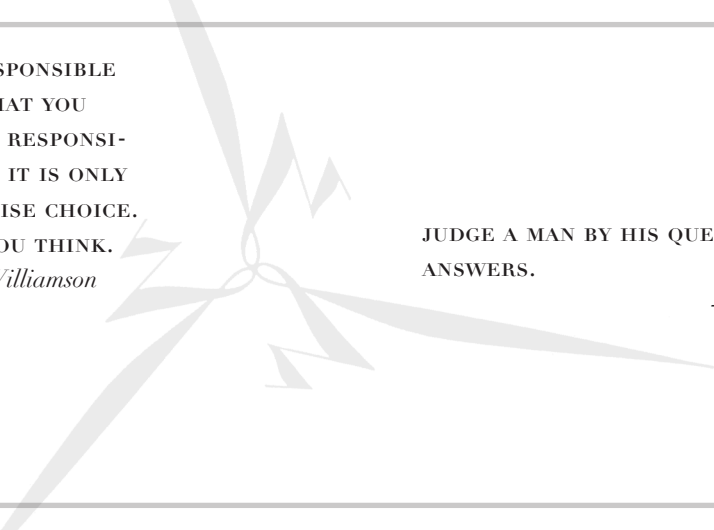


REFLECT

HOW DO YOU KNOW THAT YOU THINK?

CAN YOU THINK ABOUT NOT THINKING?

- THAT WE ARE VERY GOOD AT NOT THINKING ABOUT WHAT WE SHOULD BE THINKING
- WE SHOULD REALLY BE THINKING ABOUT WHAT WE SHOULD BE THINKING ABOUT
- WHAT WE KNOW BEFORE WE THINK
- HOW WE TALK ABOUT THOUGHTS IS HOW WE REGARD THE WORLD
- BEFORE WE CAN THINK, WE KNOW NOTHING



YOU MAY BELIEVE THAT YOU ARE RESPONSIBLE
FOR WHAT YOU DO, BUT NOT FOR WHAT YOU
THINK. THE TRUTH IS THAT YOU ARE RESPONSI-
BLE FOR WHAT YOU THINK, BECAUSE IT IS ONLY
AT THIS LEVEL THAT YOU CAN EXERCISE CHOICE.
WHAT YOU DO COMES FROM WHAT YOU THINK.

- Marianne Williamson

JUDGE A MAN BY HIS QUESTIONS, NOT BY HIS
ANSWERS.

- Voltaire

IF YOU BELIEVE THAT YOUR THOUGHTS ORIG-
INATE INSIDE YOUR BRAIN, DO YOU ALSO
BELIEVE THAT TELEVISION SHOWS ARE MADE
INSIDE YOUR TELEVISION SET?

- Warren Ellis

22ND FEBRUARY 2015

