

## **Forgetful?**

There is one aspect that almost everyone shares at some point in their lives, and that is forgetfulness.

“Why did I come into the kitchen?”

“Where’s my phone?”

“I know there was something I wanted to get at the store, but what was it?”

While the mind is intricate, curious, intelligent, funny, sad, and the entire spectrum of most everything, especially for those who have cultivated their minds, another aspect of our minds is that they think in monotone. What that means is that the thoughts we have tend not to stand out from our other thoughts, and while many of us think a lot, having our thoughts distinguishable is essential.

A remedy for forgetfulness is to regulate the loudness of your thinking. For instance, if you’re going into the kitchen for vitamins, try saying that louder in your mind, or put an exclamation mark at the end of the thought; thus making it stand out from your other thoughts. Alternatively, you can talk out loud, which also helps to minimise forgetfulness.

“I’m going into the kitchen to take my vitamins!”

“I’m leaving my phone by my computer!”

“Next time I go to the store, I need to get yeast, and this time I’ll buy extra!”

The mind often behaves like a distracted person, not listening, until you raise your voice!

The End.

Written by Peter Skeels © 6-10-2025