

MENTAL GLUES

Keeping Yourself Together

How to Cope with Almost Anything

By

Brian Thomas

PURPOSE AND GOAL: THE PURPOSE OF THIS BOOK IS TO HELP SOMEONE IN SOME WAY. IF THIS BOOK IS ABLE TO HELP ONLE **ONE** PERSON IN SOME WAY, IT WILL HAVE ACHIEVED OUR GOAL.

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How to Cope with Almost Anything

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Introduction

Everyone, at some point in their life, reaches a point where they have a problem which seems to have no solution. They just don't know what to do. Everywhere they turn to, the doors are not only closed, they are slammed in their face. They have nowhere to turn and no one they can turn to. They just don't know what to do.

We have all been to that place and we will be in that place again. This is just a part of life. There will always be opposing forces in our life of one kind or another. There will always be conflict in our life of one kind or another. This cannot be avoided. The person we see when we look in the mirror will always be the biggest cause of most, if not all, of our problems. Therefore, the answers to these problems are sometimes out of the reach of that person in the mirror, but can often be found in their spirit.

This book is about keeping yourself together in those times.

Chapter 1

You and I

Would you like to have your life take on a new meaning? Would you like to have better relationships with friends and family? Would you like to feel better about yourself?

All of these things are possible when you put yourself second. This is true humility.

When we are talking to someone, the words “**you**” and “**I**” are always in the conversation. One of those words will predominate. If the word “**I**” is used the most, then that person is obsessed with themselves, their life, and their needs, wants, and desires. If the word “**you**” predominates, then the person has put themselves second and cares more about what’s happening to the other person. In other words, they have put themselves aside and considered what the other person needs, wants, desires, or what is happening in the person’s life. If you stop using the word “**I**” and start using the word “**you**”, the conversation will take on a whole new meaning. You will learn more about that person than you already know, no matter how long you have known them. You will feel better about yourself because in putting yourself aside, you will come away feeling better about yourself. When you let go of the ego, strange and wonderful things happen inside of you. The world belongs to the humble.

Chapter 2

It Is What It Is

Complete and total acceptance of anything

Do you let the bad things that are happening in the world bother you? Are you appalled at the greed of big businesses and crooked politicians? Do you shudder to think of thousands being abused through sex trafficking? Does the idea of drug cartels making millions of dollars selling drugs, getting people addicted, and ruining their lives make your mind numb? When a friend betrays you and lies to you, does it break your heart just a little if not more? When you find out that someone is not what you thought they were, does it get to you? Does the combination of all of these things affect you in a negative way?

There is only one answer to this and all of the negative things in life that are of the world and things that happen to you on a personal basis. The answer is not to be affected by all of this, which you cannot do anything about, with a mindset of total acceptance, which is **“it is what it is.”**

When you have done all that is possible to do and you still have this problem, then you can release all of the stress, wrong, and fretting about it with complete acceptance, simply by say-

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ing and meaning it. It is what it is. When a loved one dies, a total wave of emotion will overwhelm you. If you would like to have a little more peace of mind, just remember that they are dead and there is nothing you can do about that. **It is what it is.**

Chapter 3

All my life my heart has sought a thing I cannot name

Become more spiritual and less stressful

There is a void inside all of us
There is something we long for but
we just can't seem to grasp what it is
You may think its money, power
sex, love, but these are of the world
and are very transitory
It could be a sense of belonging somewhere
but where? Remember the feeling comes
from the heart. What can fill your heart?
Could heart be another word for spirit?
Your spirit lies within you, shut
off from yourself. Your spirit wants to
be free from this world. It will be when
you die but what about till then? Your
spirit has no regards for the things of
this world. If you can develop a mindset
of looking at the world, what's happening

in the world, the people of the world, and say, **“It’s of the world”** and look at it that way, the world, the people of the world and what’s happening in the world Then the world and everything in it will have less meaning and your spirit will have a little freedom. You will be closer to being a free spirit. You will be more spiritual than worldly.

Worldly or spiritual
you can make that choice
when you are confronted
with choosing a worldly thing
or lifestyle, a bigger or
better of any material or
worldly thing that you really don’t
need and can do without.

When that choice comes
you can say it’s of the world,
and let it go. You have
chosen to be more
spiritual than worldly
peace of mind comes
from the spirit not from
worldly things which
have a limited existence.

Chapter 4

Hypnotize Yourself

To hypnotize yourself, you must believe that everything comes from God and then have faith God created you. You have a physical body and a spirit. Your body has two minds. The conscious and the subconscious. God gave you a conscious mind, which gives you the freedom of choice. You have the choice of what to say, what to think, and the choices to do what you want to do. Your conscious mind also has the power to be aware of what's happening around you.

Now your subconscious. Your body has trillions of atoms, which come together to form molecules, which come together to form cells, which come together to form vital organs, your heart, lungs, blood, liver, etc.... and to form muscle structure, and last but not least, brain cells. All of this is living matter, which is constantly expiring and creating new atoms, molecules, and cells. It is a fact that every seven years our body has replaced everything in it. The subconscious mind controls all of this life within us. It causes your heart to beat. Your lungs to inhale and exhale.

When you are not quite awake, begin to give yourself the suggestions you want at this point, such as **day after day, in**

each and every way, I'm getting better and better and stronger, or each and every day I'm being completely healed in each and every way, or a specific suggestion to address a physical problem such as indigestion, which would be, each and every day in each and every way, my digestive system is working perfectly, and what I eat is being easily digested and turning into energy. The list is endless for good suggestions you can give yourself. The other best time to give yourself suggestions is when you are about to fall asleep.

Bear in mind that this tremendous power that the subconscious mind has comes from God.

P.S. the subconscious remembers everything you have said or done and what has happened to you.

Conscious Mind	Subconscious Mind
1. The choice	1. Automatic reactor
2. The will	2. Suggestion acceptor
3. The awareness	3. Home of the memory
4. The Learning	4. Keeper of the skill
5. The suggestion	5. Silent computer
6. Logic	6. Garden of ideas, ingenuity, originality, invention
	7. Dwelling place of the intuition
	8. Instigation of the living processes

The subconscious mind is of God. Only God could make your heart beat every minute, create and destroy every atom, molecule, tissue, and organ in your body. You don't do it and you can't do it, so give credit where it is due. God is the life inside your body. We can however have influence over our subconscious mind. The best way of doing this is to give ourselves the

Hypnotize Yourself

suggestion, such as my knee is completely numb and all the nerves in my knee are deadened with no feeling, completely numb through the power of the subconscious, whose power comes directly from God. Give yourself any suggestion and recognize the power of the subconscious and God.

Chapter 5

Unconditional Love

Unconditional love can have two parts, actually three. First, what is unconditional love? This love has no boundaries. It is the kind of love that just because you love a person, they don't have to love you. It means that no matter what they do or say, you will still love them. One of the hardest states of mind to achieve.

Most people will love another person as long as they don't do anything or say anything that will hurt them. This is shallow love.

The other kind of unconditional love applies to everyone. If you can find the love in your heart to love everyone, this is rare; but before you love everyone, you must accept everyone as they are. The good and the bad.

Should you be able to reach this state of mind, you will be a very spiritual person. Becoming more spiritual is a way of keeping yourself together.

P.S. Before you can have any kind of love, you must first love yourself.

Chapter 6

“It’s of the World”

A new way of looking at life

We must live in the world because we are a part of it. This does not mean that it is the beginning and end of everything. We attach too much importance to the things of the world.

I had a friend who accidentally backed into another car and put a slight dent in it. The other driver got out of his car and began to get angry and loud. My friend remained calm and said, “Don’t get excited, it’s only two pieces of metal.” What he was saying was **it’s of the world**. When we run into difficult situations or people, if we could get into the mindset of “it’s of the world” and let it go, our lives would be a lot less stressful. If you’re an alcoholic and trying to stop drinking and someone offers you a drink, if you would say to yourself, “**it’s of the world**”, chances are you wouldn’t take the drink—since “it’s of the world,” it has no importance. This applies to arguments and disagreements. They have no importance unless you give it to them.

When you think “it’s of the world” it puts everything in a new perspective. Something loses its importance if it’s of the

world. You probably can't change it or the mind of a person who has a particular belief. You are making a choice to give no importance to things which are not important. Things of the world are only as important as what we make of them. Let them go. Our spirit and spiritual life are what is important.

An epiphany can be yours if you want it.

Chapter 7

Finding Out Who We Are

Do you think you know who you are? Maybe you do and maybe you don't. Things happen in our life, dozens of things that can change our thinking and influence our thoughts, which in turn will influence our actions. The sum total of what we think and what we do determines who we are. The following is a list of questions to ask yourself. You must be honest with yourself when you answer these questions. These questions are for you and no one else. Do not discuss these with anyone. It will dilute the purpose of finding out who you are.

Would you like to have a new and better life?

What do you want out of life?

What is the purpose of your life? Everyone has a purpose.

How did you get to where you are?

Who and what do you hate?

Why?

Who and what do you love?

Why?

Finding Out Who We Are

Who or what do you blame for your present situation?

What do you see when you look in the mirror?

Are you willing or want to change for the better?

How were relations with your parents and siblings? How are they now?

If things were bad with family and/or friends, is it your fault?

What could you have done to make things better if there were problems with friends or relatives?

Are you afraid of death?

Why?

Have you ever tried to commit suicide?

What was the reason if you did try?

Are you afraid of life?

Why?

What fears do you have?

Do you ever ask yourself why you did something?

Finding Out Who We Are

What do you believe in?

What is your greatest fear?

Why?

Did you suffer from rejections?

Do you feel shame?

Why?

Have you been humiliated much?

Do you ever feel alone?

What do you need?

What piece of you is missing?

What was your biggest mistake?

What does the future look like to you?

What was your best day?

Why?

What was your worst day?

Why?

Finding Out Who We Are

Do you lie to yourself?

Do you lie a lot to other people?

What triggers you to drink or do drugs?
Why?

Do you have any desire to have a better life?

Do you want to be free?

Do you like yourself?

Do you feel inferior?
Why?

Do you feel superior?
Why?

Is your life out of control?

Do you believe things could be better?

Who are you?

Finding Out Who We Are

Do you suffer from depression?

Why?

What depresses you?

Why?

What is your biggest regret?

Why?

What is the biggest wrong you have done?

What was the last nice thing you have done for another person?

Do you feel you are being punished?
Why?

Have you ever been in jail or prison?

Do you feel you have lost everything?

Do you feel you have hit rock bottom?
Why?

Have you given up all hope?
Why?

Finding Out Who We Are

Is your world dark?

Have you ever been homeless?

Do you feel like a victim?

Why?

Do you feel worthless?

Why?

Would you like your life to be better?

If you have answered all of these questions honestly, it's probably one of the hardest things you have ever done. The answers are to stay with you, no one else. You do not have to answer to anyone. The biggest benefit to answering all of these questions

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is now you know yourself more than you ever did before and that there is a way out of your present state of mind. As the old saying goes, “it’s all in your mind.”

