

### Chapter 1 : Contact " My Mind As a Mansion

*These poems come from the depths of one man's thoughts and laid bare on paper for all to see. It describes the mind of a person going through life, struggling at times with the highs and lows of bi-polar disorder, and will allow you to feel the frustration and pain.*

The things of God knoweth no man. Pulpit Commentary Verse All that is meant is that our knowledge of God must always be relative, not absolute. It is not possible to measure the arm of God with the finger of man. Matthew Henry Commentary 2: Here is a proof of the Divine authority of the Holy Scriptures, 2Pe 1: In proof of the Divinity of the Holy Ghost, observe, that he knows all things, and he searches all things, even the deep things of God. No one can know the things of God, but his Holy Spirit, who is one with the Father and the Son, and who makes known Divine mysteries to his church. This is most clear testimony, both to the real Godhead and the distinct person of the Holy Spirit. The apostles were not guided by worldly principles. They had the revelation of these things from the Spirit of God, and the saving impression of them from the same Spirit. The natural man, the wise man of the world, receives not the things of the Spirit of God. The pride of carnal reasoning is really as much opposed to spirituality, as the basest sensuality. The sanctified mind discerns the real beauties of holiness, but the power of discerning and judging about common and natural things is not lost. But the carnal man is a stranger to the principles, and pleasures, and actings of the Divine life. The spiritual man only, is the person to whom God gives the knowledge of his will. How little have any known of the mind of God by natural power! And the apostles were enabled by his Spirit to make known his mind. In the Holy Scriptures, the mind of Christ, and the mind of God in Christ, are fully made known to us. It is the great privilege of Christians, that they have the mind of Christ revealed to them by his Spirit. They experience his sanctifying power in their hearts, and bring forth good fruits in their lives.

### Chapter 2 : The Dreamer Writes – Stories. Adventures. Insights.

1. *A literary technique that presents the thoughts and feelings of a character as they occur.* 2. *Psychology The conscious experience of an individual regarded as a continuous, flowing series of images and ideas running through the mind.*

Positive self-talk[ edit ] Positive self-talk also known as helpful self-talk involves noticing the reality of the situation, overriding beliefs and biases that can lead to negative self-talk. Coping self-talk is a particular form of positive self-talk that helps improve performance. It acknowledges the emotion the person is feeling. It provides some reassurance. It is said in non-first person. Most of the other students are as well. You will be fine. It is based on beliefs about ourselves that develop during childhood based on feedback of others, particularly parents. Examples of these core beliefs that lead to negative self-talk are: It involves identifying the beliefs that colour our perception of the world. In his study, 30 college students were prompted during their normal daily activities by a random beep to report what they had been experiencing just then. Hurlbut does not say what percent of his subjects never reported any inner monologue. According to Piaget, inner speech resulted from the lack of ability to communicate with others. He suggested that the concept of "internal monologue" would fade away as the child aged because the individual would become more skilled at taking the perspective of the listeners into account. Lev Semyonovich Vygotsky proposed a different theory for internal monologue. Vygotsky theorized that children intentionally repurposed words that they had previously used successfully with other people. Instead of using language to regulate the behavior of others, individuals were using self-talk to regulate themselves. However, as speech is internalized, its form changes. When an individual internalizes speech, different kinds of abbreviations are utilized. Neurological correlates of self-talk[ edit ] This section needs additional citations for verification. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. December Learn how and when to remove this template message The concept of internal monologue is not new, but the emergence of functional MRIs has further investigated the understanding of the function of words in our thinking. Studies have revealed the differences in neural activations of inner dialogues versus those of monologues. Functional MRI imaging studies have shown that monologic internal speech involves the activation of the superior temporal gyrus and the left inferior frontal gyrus , which is the standard language system that is activated during any kind of speech. However, dialogical inner speech implicates several additional neural regions. Studies have indicated overlap with regions involved with thinking about other minds. In regards to research on inner speech Fernyhough stated, "The new science of inner speech tells us that it is anything but a solitary process. Much of the power of self-talk comes from the way it orchestrates a dialogue between different points of view. Intriguingly, individuals did not exhibit this same arrangement of neural activation with silent monologues. In past studies, it has been supported that these two brain hemispheres to have different functions. However, the results of neural imaging have to be taken with caution because the regions of the brain activated during spontaneous, natural internal speech diverge form those that are activated on demand. The concept of internal monologue is an elusive study and is subjective to many implications with future studies. In literature[ edit ] In literary criticism there is a similar term, interior monologue. This, sometimes, is used as a synonym for stream of consciousness:

**Chapter 3 : From The Depths Of Darkness Into The Purity Of The Light | Melanie Tonia Evans**

*I'm more interested in the depths of your soul and what I can learn from you instead. I need depth. I need meaning. â€”  
INFJ Thoughts 36 Inner Thoughts And.*

Jehovah, who "searches the heart," answers the question "who can know it? Men should live as in the presence of One to whom all hearts are open. Matthew Henry Commentary Those who trust to their own righteousness and strength, and think they can do without Christ, make flesh their arm, and their souls cannot prosper in graces or comforts. Those who make God their Hope, shall flourish like a tree always green, whose leaf does not wither. They shall be fixed in peace and satisfaction of mind; they shall not be anxious in a year of drought. Those who make God their Hope, have enough in him to make up the want of all creature-comforts. They shall not cease from yielding fruit in holiness and good works. The heart, the conscience of man, in his corrupt and fallen state, is deceitful above all things. It calls evil good, and good evil; and cries peace to those to whom it does not belong. Herein the heart is desperately wicked; it is deadly, it is desperate. The case is bad indeed, if the conscience, which should set right the errors of other faculties, is a leader in the delusion. We cannot know our own hearts, nor what they will do in an hour of temptation. Who can understand his errors? Much less can we know the hearts of others, or depend upon them. But much in our own hearts and in the hearts of others, will remain unknown. Yet whatever wickedness there is in the heart, God sees it. Men may be imposed upon, but God cannot be deceived. He that gets riches, and not by right, though he may make them his hope, never shall have joy of them. This shows what vexation it is to a worldly man at death, that he must leave his riches behind; but though the wealth will not follow to another world, guilt will, and everlasting torment. The rich man takes pains to get an estate, and sits brooding upon it, but never has any satisfaction in it; by sinful courses it comes to nothing. Let us be wise in time; what we get, let us get it honestly; and what we have, use it charitably, that we may be wise for eternity.

### Chapter 4 : Internal monologue - Wikipedia

*36 Inner Thoughts And Feelings That Make INFJs Truly Unique. I'm more interested in the depths of your soul and what I can learn from you instead.*

I woke up this morning with an incredible peace, and a wonderful inner serenity. I am visiting a magical place of beautiful natural surroundings. Today I am free – I have no triggers here amongst these familiar surroundings. I know I am not just free from the narcissist. I am free in my heart and my mind. As with all journeys from hell to heaven – this was a profound one. It was a journey of my Soul. I want to share my journey with you so that you can make your way on this journey and so you too can be authentically free. This is the breaking free of all of the shackles of constriction and paralysis to becoming the open energy of breathing in life. Enlightenment living without fear is not just a decision we can make in a moment. It started with ownership and my deeply held spiritual belief about energy and the creation of my life. I knew no one else was responsible for the aligning with my Soul establishing oneness, love, inspiration, and connection to Source and this was a journey I needed to deeply partner myself on. I knew to become a true and authentic Source to myself required being able to partner Source, Universal wellbeing, my Inner Being and Life directly without outside egoic props. Unconditional love is living In-love without having outside conditions. I knew this was the only way to be authentic love, joy and inner peace. I also knew that throughout my entire life there was nothing I had ever tried to achieve, be, do or have for any other reason other than to experience real authentic inner happiness. My narcissistic relationship experiences taught me so much. They taught me the futility of trying to be love, joy and authentic peace from the outside in. Life had shown me the incredible and of course excruciating lessons of not having partnered my own Inner Being and Life directly. For me personally, this has absolutely been the greatest gift. None of these states which are our entire reason for existence come through any attachments to narcissism. Narcissistic models are the absence of light. They are in fact the death of it. The light cannot penetrate our being when we have darkness pain and fear residing within us. We do not have to accept this darkness as our reality, or our life. If we did not pull away before experiencing abuse in narcissistic relationships we became more and more disconnected. The narcissist was an expert at pulling down our not-so-secure connection, projecting his or her darkness onto and into us, and we fell into the trap of seeing and assigning the narcissist as our Source rather than claiming the becoming of our own Source. This caused an intense agony which I believe is like no other. There is no other reason for emotional pain, disease or any other dysfunction. We feel intense fear and pain and trauma. It is like living in hell. We have a choice. We can choose to do all that we can to move into and fully claim the light or we can remain in the darkness. When we understand that everything we create in our outer world is a full representation of ourselves there is no other choice to make. In reflection, looking back we can understand that we were not as yet in our True Power. We were not as yet in the light. It Is Darkest Before Dawn To recover from narcissistic abuse and move from the darkness into the claiming of your inherent light – you need to go backwards in order to go forward. Narcissistic abuse is an immense opportunity for your Soul to evolve. As a result of this experience you have the ability to be the most incredible being of light that you could imagine, where not only are you completely vibrationally removed from the narcissist, you are also delivered to a higher level of life, love, bliss and inner and outer freedom than you could have previously imagined. You can be released into a reality where everything is possible and you are able to directly, divinely and lovingly co-create with life free of pain and full of wonder. Imagine if you were to wake up tomorrow free of pain and fear. What if you knew that no matter what your life looked like now that your Inner Being and Life has your back, and that everything is unfolding in perfect and divine order and everything you need and want is possible and even inevitable? How would it be for you to feel the inner freedom of peace, space, truth, authenticity and loving, trusting and accepting yourself right here, right now without any feelings of shame, guilt, regret, loss or admonishment? How would it be to feel free of trauma, triggers and to have complete relief and space in your mind knowing that any of the ridiculous choices, tactics and malicious, childish behaviours of the narcissist are totally Not Your Reality, quite frankly to be pitied with compassion, totally

impersonal and have no bearing on Who You Are and what your life really is? This is what living in the light is—and if you want it THAT is your goal. Naturally we did not succeed, and we were never going to. All we did was immerse and enmesh ourselves into more and more darkness. It has everything to do with ourself, and it is a straightforward quest “ to free ourself from our own pain and fear darkness ” knowing it is irrelevant who did it to us. What is totally relevant is that this pain and fear is stopping us living in the light, and it is preventing us changing our vibration so that we never have to experience it again and it is stunting us from being free to move forward into and create different experiences. Experiences which match the light. The experiences of light is the deep Soul connection of love firstly for yourself and then with life and others. It is a total illusion that your vibration will change as a result of external situations changing. This is a powerless and a totally futile belief. We need to take the light the desire to heal and break free into our inner darkness fear and pain so that we can release it out of ourselves in order to let in the light. The incredible and magical transformation starts to get underway when we take our focus off the outer darkness. This is when the narcissistic hooks, tactics and repeat abuse stops, ends and dissipates from your life. Not only will your actions and choices match your inner light unfolding, but all of life also collaborates with you to create this reality. The space within yourself, and from life simultaneously opens up for wonderful experiences to come forth. This is why you need to go directly into your darkness in order to release it, because it is the only way to come out into the light. Yes this takes immense courage, and yes it hurts like hell “ but the results mean that everything in your inner and outer life can start to come good for you. And regardless of how much pain you need to feel and embrace, immense relief and freedom flows through with each and every one of them as a result of doing so. Shining The Light On Our Darkness We know that trying to change outside circumstances never works, we can only ever change our internal being in order to create any true change. The rawer our wounds are the more easily we can find them. We discover that our wounds did not originate from the narcissist. We discover that the narcissist was a match for the painful and fearful beliefs that we already had about ourself, life and love. When we start embracing ourselves fully, we replace self-judgement and self-criticism for a loving self-fascination, and a desire to support, love and heal ourself in order to transform these beliefs and elevate ourself to a way of being, feeling and living which does serve us. This is when we become aware and start living consciously. We start to observe, understand and master our emotions and we start witnessing the breakthroughs we co-create with life. No longer do we go through life living the same unconscious pain, triggers and events which are clearly in repeat, and hurt us with no idea what they really mean or what to do with them. We start seeing our progress rapidly reflected back to us from life. We start seeing the existing non-narcissistic relationships in our life transforming into deep authentic relationships as a mirror of the deep authentic relationship we are establishing with ourself. We start attracting in new people who are authentic selves. We begin to witness ourself as a conscious co-creator of love, truth and joy. These life transformations bring a powerful inner joy and bliss that far exceeds a pay-rise, a new car or home, or securing attention or approval from someone else. When you have this inner foundation right, and the more and more you get free of fear and pain “ then you become magnificent. The journey from the darkness into the light is the richest and most satisfying journey you could ever experience as a human being. I have claimed this journey. I know the answer to that question for myself—I know I would have never found authentic inner connection and happiness if it had not been for narcissistic abuse. Please know—I understand the pain, fear and darkness from the very depths of my being. I previously lived days where I thought I was never going to make it. This is why I do this work and this is why I wanted to share this article, because I know if I could make it from the trauma and pain and powerlessness I felt, that you can too. I remember how I went through tissue box after tissue box claiming, feeling and shifting every pain, fear and trauma I could find that was holding me back “ because I was so determined to be free. I know you can do it—I. Visited 1, times, 1 visits today The following two tabs change content below.

**Chapter 5 : Inner self Synonyms, Inner self Antonyms | [www.nxgvision.com](http://www.nxgvision.com)**

*Your inner being is an unconditional state that you do have power over it is not reliant on outside circumstances unless*

## DOWNLOAD PDF THE DEPTHS OF INNER THOUGHTS

*you have not done the inner healing to have control over your inner 'state'.*

### Chapter 6 : The Person Behind the Screen/ Inspiration from NF " My Mind As a Mansion

*Inner Thoughts is a song produced by Cashflow where K.A.A.N raps of whats going through his head, especially, when he's under the influence of Marijuana.*

### Chapter 7 : The Power of Perspectives - What I learned at Dinner with Friends " Bird's Eye On Leadership

*The Depths of My Mind. 24 likes. The inner feelings of another millennial, hoping to fix the world one word at a time. Please, journey into the depths of.*

### Chapter 8 : 36 Inner Thoughts And Feelings That Make INFJs Truly Unique | Thought Catalog

*Lyrics to "Inner Thoughts" song by K.A.A.N.: Cashflow on the beat Staring at this paper tryna think of Something deeper Make you see from a new.*

### Chapter 9 : 1 Corinthians - Bible Gateway

*In the same way, also, only God's Spirit is acquainted with God's inner thoughts. World English Bible For who among men knows the things of a man, except the spirit of the man, which is in him?*