

You Become What You Think

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Abstract: *Master your mind and master your life. In a world overflowing with information and self-help books, it can be challenging to find the one that truly has the power to change our lives. We all seek personal growth, happiness, and fulfillment, but sifting through the sea of books can feel like searching for a needle in a haystack. I have been through it and that is what inspired me to write this book to help you find the most impactful insights that will transform the way you think.*

Keywords: Master your mind, Power of thinking, Teachings of Buddha, One dart hurts your enough, Endure your pain

Research Elements

The details of research elements have been given alongside the article.

Drawing from the 100 books the writer Subham Singh has carefully curated a collection of action-able insights that delved into personal growth, happiness, mind fullness, human psychology, philosophy and mental health.

Power of Thinking - 2

But first, let us explore that underlies our entire existence: the power of thinking. Our thoughts are the architects of our reality, shaping our perceptions, emotions, actions, and overall well-being. They hold them within the key of unlocking our perceptions, emotions, actions, and overall well-being that hold within them the key to unlocking our full potential and living a more meaningful life.

Teachings of Buddha - 3

Ancient wisdom, exemplified by the teachings of Buddha, offers profound insights into the significance of our thoughts. Buddha understood the transformative nature of our thinking, expressing that “All that we are is the result of what we have thought.” These words resonate across time and space, emphasizing how our thoughts shape our character, actions, and ultimately our destiny. They lay the foundation of our journey of self-discovery. Buddha's teachings also highlight the practice of mindfulness of our art of observing our thoughts without judgement. By cultivating awareness of our thought patterns, we can recognize negative or harmful tendencies and consciously redirect them towards positive and beneficial ones. The practice empowers us to take control of our thinking, harness its transformative power, and create a life aligned with our deepest values.

Buddha's profound teaching

Another Buddha's profound teaching: “We are what we think: All that we are arises from our thoughts. With our thoughts we take the world.” These words illuminate the creative power inherent in our thinking.

Our thought shape our perception of reality

We know very well that our thoughts shape our perception of reality, influence our experience and interactions with the world. By cultivating a positive and constructive

mindset, we open ourselves to a world of endless possibilities. Our thinking not only impacts our internal states but also how we perceive and respond to internal state but also how we perceive and respond to external circumstances. It becomes the catalyst for a more fulfilling and purposeful life, benefitting not only ourselves but also those around us. Unlike most nonfiction books you have one point to make that cuts through the clutter and presents only the most valuable and practical insights.

“You Become What you Think” Master your Mind, Master Your Life” is your guide to unleashing the power of thought and action for lasting transformation. It reveals that you have the potential to reshape your thinking and, consequently your life. There are the gems that truly changed the life of many people in the world.

It is just a series of present moments

The present crucial time is the one we often neglect: the present. It is the only moment where everything happens all our emotions and actions. As Eckhart Tolle says, “Realize deeply the present. Make the Now the primary focus of your life.” The past is simply a collection of past-present moments, and the future is just a bunch of present moments yet to come. So, it is pointless to live in any moment other than the presents. In doing so all the time you spend regretting procrastination or worrying about the workload ahead won't get you any closer to your goal. Focus on the present and start solving our problem right now, and you will be on your way to making progress. Embrace the power of the present and see how it can change your life.

As Eckhart Tolle once more says “The more you are focused on time past and future – the more you miss the now, the most precious thing there is.”

One Dart Hurts Enough but you'll worsen your pain if you dwell on it

Much of our pain is felt on two different levels: The first level is felt on two different levels: a sudden rush of pain. It could be the result of an accident, such as stubbing your toe, touching a hot plate, or crashing your bike, or it could be the result of a failed expectation, failure, or rejection. This type of suffering is unavoidable. We have to deal with it at some point in our lives, and there is not much we can do about it. However, most of the time, we aggravate the situation by throwing a second dart at ourselves based on how we physically and mentally react to the burst. This type of pain is entirely optional.

Volume 15 Issue 4, April 2026

Fully Refereed | Open Access | Double Blind Peer Reviewed Journal

www.ijsr.net

The second dart are usually more painful than the first because we keep throwing them throughout the aftermath, long before the first dart is vanished. For example, we may obsess for months over a failed relationships or worry through countless sleeps nights about test results.

Abstract – 5

Endure your pain, and your suffering

Recognize when something causes your pain. Recognize how it makes you feel and wait for the pain to go away. Do not aggravate the situation by becoming angry or upset with any other factors of people involved. AS Rick Hanson says “Only we humans worry about the future, regret the past and blame ourselves for the present. The philosophy of stoicism argues the idea that the only pain you really suffer is the only you create yourself. Pain is simply the result of your resistance to everything you are powerless to change. We spend a lot of thinking about the future and the past, but we can only live in the present and thus have no way of hanging many things that make us unhappy.

“All negativity is caused by an accumulation of psychological time and denial of the present”.

This saying was uttered by Eckhart Tolle. To fill the void, we develop a resistance to these things, which we perceive as psychological or physical pain. When we are angry or upset, we think and act more irrationally, which almost always results in a worse situation. As a result, our reactions to things over which we have no control can perpetuate the pain cycle. Acknowledge your pain in resistance we all replay events from our past in our minds. This causes us psychological pain because we resist when all we can do is to fix or move on.. Recognize your pain and then move on.

“When we arise in the morning, thing of what a privilege it is to be alive to breath, to think, to enjoy love.”

(Merous Aureltus).

Free yourself from pain by constantly observing your mind and not judging your thoughts

How can we get rid of your distress. There are two ways choices. First regularly ask yourself: what will my next thought: Second, stop changing your thoughts and desires. The first strategy is based on a physics effect, which states that by constantly observing a system, you can freeze it in its current state.

The first strategy is based on a physics effect known as the quantum Zero effect which states that by constantly observing a system, you can freeze it in its current state. The second method is intended to help you learn to listen to your body and accept the constant, nagging thought in your head about what you should or should not be doing. The next time you make a mistake, simply listen to your inn voice and don't act on it. Notice it, see it, accept that it exists, but reset its demands separating your body from your constantly active, thought driven mind and allow you to feel less pain and stop requesting what you cannot change. This is the

power of the now, the power of your own conscious presence.

Knowledge your own thought process - 7

You can stop your own thought process if you can consciously observe it. Concentrate on concentrating rather than following our mind to wander, and you will gain control. Do not be so harsh on yourself. Don't punish yourself when you do something wrong or fail to do something when you should have. What has been is to be done. Recognize our accomplishment and take a sleep breath. Allow it to wash over you and then move on. All you can do is study.

AS Louise L. Hay says –

“Remember, you have been criticizing yourself for years and it has not worked. Try approving of yourself and see what happens.”

Quit the Eternal Rat Race and practice composure everyday

Most of us tend to use the word “composure incorrectly, when we say it, we expect to act without expressing our emotions”. When it comes to maintaining composure, it is all about being mindful of your emotions. Allow yourself to fully feel them, but don't let them take hold of your permanently. It is great to bask in a well- deserved victory but the true test of your emotional stability is when ou can move past it and not get consumed by the need for more. Composure acts as a reset button, disconnecting the thought patterns of, “I” m on top of the world, and “I” need more success at any cost”.

Acknowledge your feelings – 8

Eon bracing your emotions is key! Instead of pushing them down give yourself permission to fully experience them. Take a moment to be present with your feeling whether they are joyful, angry, or heart broken, let them sink in and remember, it is okay to feel. Anne Frank says –

“But feelings cannot be ignored, no matter how unjust or ungrateful they seem”.

Bernie S. Stegal also says, “We destroy ourselves when we stop feeling. It you bury your feelings within you become a grave yard:

We can reduce suffeging in the life by not associating ourselves with material objects

Embrace the art of letting go like a Buddhist monk! By letting to, they have the power to transform suffering into peace, fulfillment, and acceptance. Even in the face of death, the choice to let go can bring about a sense of tranquility instead of lingering on pain. Having a strong sense of self is important, but these is a fine line between having a sense of self gives us purpose in life and sets us apart from others, but running away to live in the woods is not the answer. Instead, we can cultivate a healthy sense of self by letting go

of the things we attach our identities to. Every time we say “my” or “I” in regards to something we give it power to others. As everything in this world eventually comes to an end, over-identifying with things can lead to a constant feeling of loss and even depression. Think about the things we say “my” to our clothes, electronics, possessions and imagine if they all break down over time. The more we attach our sense of self to material objects, the more potential we have the feelings of sadness and gloom. Try your decluttering for a weekend and see how it can help regulate your sense of self by happy just being yourself.

Summary – Live in the Now

Dwelling on the past usually results in regret, which you cannot change. Worrying about the future only adds to your anxiety about something you cannot control. We can only live in the present moment, so try to concentrate on that. We can only learn to live more fully in the world around us by staying present and understanding that we are not our thoughts.

1. Conclusion

You don’t have to be religious in order to be spiritual. Ditch the labels and embrace your own path to spirituality. The Dalai Lama says it doesn’t matter if you are part of a religion or not, what important is that you are a compassionate and kind hearted person.

“So many Gods, so many creeds, so many paths that wind and wind, while just the art of being kind. Is all the sad world needs (Ela wheller Wilcox).

There is no one-size-fits all approach when it comes to dealing with life’s big questions and handling suffering. Whether its through meditation, religion or finding meaning of life’s experiences, embrace the method that works best for you. Don’t let anyone tell you what’s right or wrong when it comes to spirituality.

In the end we can say that life’s only constant is change - 10

When asked about suffering, The Dalai Lama cautions against the common western misconception that suffering is abnormal and something to be avoided at all costs. The truth is, change is the only constant in life and holding in tightly to what we know only to lead to more suffering. So, the key is to embrace change, not resist it. Suffering is inevitable in life, but that does not mean you should increase it. Life is tough, and no one can deny it. If it natural to suffer sometimes, but the truth is, most of us make it even harder by clinging to poor values. But research shows that beyond a certain point, wealth and success have with to do. With our overall well being. We need to shift our priorities and focus on what reality matters life goals are irrelevant, so set a life goal. When defeat comes, accept it is a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. “Napoleon Hill John Dean has very well said “I cannot change the direction of the wind, but I can adjust my sails to always reach my destination”.

2. Key Benefits

- 1) Elevated Happiness – Discover the keys to unlocking a state of profound happiness that stems from within.
- 2) Personal growth Mastery – Empower yourself with tools and strategies to achieve our fall potential.
- 3) Better relationships – Forgive deeper connections and build fulfilling relationships in every sphere of life.
- 4) Optimized Mental Health: Cultivate a resilient and balanced mind to navigate of life’s challenges with grace.

Language and Style

The language and style given in the article can be easily understood even by a common man.

References

- [1] Master your mind.
- [2] Power of thinking.
- [3] Teachings of Buddha.
- [4] One dart hurts enough.
- [5] Endure your pain.
- [6] Free yourself from pain.
- [7] Knowledge our own thought process.
- [8] Acknowledge your feelings.
- [9] Embrace the art of letting: go like a Buddhist monk.
- [10] Life’s only constant is change.