HOW WOULD YOU LIVE THEN?
MARY OLIVER
What if a hundred rose-breasted grosbeaks
flew in circles around your head?
What if the mockingbird came into the house with you and became your advisor?
What if the bees filled your walls with honey and all you needed to do was ask them and they would fill the bowl?
What if the brook slid downhill just
past your bedroom window so you could listen
to its slow prayers as you fell asleep?
What if the stars began to shout their names, or to run this way and that way above the clouds?
What if you painted a picture of a tree, and the leaves began to rustle, and a bird cheerful sang
from its painted branches?
What if you suddenly saw that the silver of water was brighter than the silver
of money?
What if you finally saw that the sunflowers, turning toward the sun all day and every day -- who knows how, but they do it -- were more precious, more meaningful than gold?

THE VOICE INSIDE YOUR HEAD

MICHAEL SINGER (from his book THE UNTETHERED SOUL)

(pp. 7-8)

In case you haven’t noticed, you have a mental dialogue going on inside your head that never stops. It just keeps going and going. Have you ever wondered why it talks in there? How does it decide what to say and when to say it? How much of what it says turns out to be true? How much of what it says is even important? And if right now you are hearing, “I don’t know what you are talking about. I don’t have any voice inside my head!” –that’s the voice we are talking about.

If you are smart, you’ll take the time to step back, examine this voice, and get to know it better. The problem is, you’re too close to be objective. You have to step way back and watch it converse.

(pp. 13)

Basically, you re-create the outside world inside yourself, and then live inside your mind. WHAT IF YOU DECIDED NOT TO DO THIS?