

**Do not identify with your thoughts.
You are not the thinker of the thoughts;
you are the hearer of the thoughts.**

The thinker of your thoughts
is a subsidiary mechanism within you,
which attempts to put some of your feelings
into words;

you must then assess the way you feel
about these words.

Not looking at the matter this way,
most individuals tend to identify themselves
as the author of the words in their head,
and consequently are biased in favor
of believing and defending these thoughts.

In fact, each thought you have
is merely a *trial balloon*,
a draft from your speechwriter
sent to you

so that you can decide whether you agree or disagree.

In many cases, you will realize
that the speaker of the last thought sent to you

is representing the viewpoint
of some other individual(s) you have known,
often in the exact words and tone of voice
used by these other individuals.

Obviously, accepting such viewpoints as your own
would be submitting to mental slavery.
Yet this is precisely what most individuals do,

by identifying with their thoughts.

After you have identified the last speaker,
engage him or her in a dialog
in which you ask the speaker to defend his or her position
by asking the speaker specific questions
which illuminate possible flaws in his or her position.

*In this way,
you will always be questioning your own last thought
in a search for objective truth,*

separated from the conditioning effects
of your experience
and from the influence
of communications you have received.