

Break Free from Stress & Endless Overthinking.

Thoughts keep running in your head without a break. They fill your mind right when you wake up and make it hard to fall asleep at night. They grab hold of your mind so tightly that you can't get away from them. Overthinking can be about the past, the future, or even right now in the present. And each of these not only drains your energy but also builds the heavy feelings of worry, restlessness, and anxiety inside you, leaving you feeling tense and on edge even in quiet moments.

For example: You send a text message to your partner, sharing your feelings or something important. Your partner takes longer than usual to reply. You notice they haven't answered in a few minutes. Worry starts to build up. Thoughts begin to race: "Did I say something wrong?" "Are they upset with me?" "Did my message come out the wrong way?" You start picturing bad outcomes: What if they're angry? What if they're not interested anymore? What if they're thinking about ending things? You even think back to old talks, trying to find what you might have said to cause this wait. Doubts about yourself sneak in: "Am I being too needy?" "Did I go too far by sending that?" You check your phone over and over every few minutes. You might read your message again and again, looking at each word for problems. This loop of overthinking takes over, making it impossible to think about anything else. It floods your mind with worry and fear, even though the wait might have a simple reason—like your partner is busy, their phone is out of reach, or they're taking time to give a good reply. Overthinking like this creates problems that didn't exist in the first place, and it often spirals into heightened stress and anxiety, making your heart race and your body feel exhausted from the constant mental strain.

There are other scenarios too, like when you made mistakes in the past, and those regrets keep coming back to bother you. For example: You might have said something hurtful to someone you care about, and now you replay that moment in your mind, wishing you could take it back. You regret a choice you made in your work or personal life and keep wondering how things might have turned out if you'd picked differently. You think about a failure or a chance you missed, and let it shape your life now, feeling stuck in the weight of "what could have been." You feel shame or guilt over things you did long ago and find it hard to forgive yourself, even if it's all in the past. These thoughts can trap you in a cycle of regret, making it tough to move on, while fueling persistent anxiety and stress that disrupt your sleep and daily focus.

There are also fears about the future: What if something bad happens? What if what I'm thinking doesn't happen? What if I find out my husband or wife is having an affair? How will I react? What if I fail in my work or lose my job? What if I'm not good enough for the goals I'm after? What if my loved ones don't stay healthy or happy? What if something goes wrong that I'm not ready for? These fears create endless pictures in your mind, amplifying stress and anxiety to the point where simple decisions feel overwhelming and your mind races with worst-case scenarios day and night.

Now, there are also troubles in the present, like issues with a person, your job, business, money, or any kind of relationship. Thinking about these problems all the time takes over your mind. For example: You have an argument with a coworker or boss, and their words stay in your mind even when you're not at work. You're worried about paying bills or handling money needs, and it drains your energy every day. You're facing problems in a relationship, and you can't stop replaying fights or picturing what might go wrong next. You feel stuck in a spot you don't like but can't find the strength or clear mind to change it, so you just keep thinking about it.

In all these cases—past, future, and present—your mind gets too full, leading to stress, worry, and a feeling of being powerless, often manifesting as physical symptoms like tension headaches or a constant knot in your stomach from the built-up anxiety. Overthinking takes control of your life.

So, what is the fix for all this? There are short-term ways to deal with overthinking or a restless mind, such as:

- Going out.
- Spending time with family and friends.
- Watching movies or shows on streaming services.
- Scrolling through social media.
- Staying busy with work.
- Having drinks.

But what drinking does, and why people get so addicted to it, is that while you are drunk, you experience a thoughtless state. A thoughtless state means nothing but having fewer thoughts. You get that experience while you're drunk. This is an ultimate experience that everyone craves, and because you experience it while drunk, you'll crave that experience again and again. Eventually, you get addicted to it, causing more harm than good, especially when it becomes a way to escape the underlying stress and anxiety that overthinking brings into your life.

Even in deep sleep, you experience a thoughtless state, where there are no thoughts, and that is a state of bliss. That's the reason why you love deep sleep! Not just you, but all humans love sleep because everyone wants to get out of continuously running thoughts. But these are all short-term fixes because once you come out of that short phase or state, thoughts start running right away and fill your mind again, reigniting the cycle of stress and anxiety that feels inescapable.

So, what is the permanent fix for this? The only permanent solution for overthinking is understanding. Understanding of what? Understanding of the inner world. Understanding the

inner world is the only way to calm a restless mind, freeing you from the grip of chronic stress and anxiety that overthinking perpetuates.

But what does it mean to understand the inner world? It starts with asking "what?"—What is?—not "how!" "How?" is for the outside world. For example, if you want to learn a new skill, then "how" comes in. This means a step-by-step way to learn. But because we're used to asking "how" for outside things, we often ask "how" for inner world problems too. Like, "How to stop overthinking?" But we never ask "what?" To solve the problems of the inner world, we need to ask "what?" What is a thought? What is thinking? What are positive and negative thoughts? What is the conscious mind or conscious thoughts? What is the subconscious mind or subconscious thoughts?

Once you figure out what these are, that deep understanding from the root will handle the problem of overthinking on its own, dissolving the associated stress and anxiety as you gain clarity and peace. Then, you won't need to push yourself to think positive thoughts all the time because you'll see that you can't always think positive thoughts—and you'll be fine with it. Because you saw the reality through your understanding that both positive and negative thoughts are just "thoughts." They are not inherently positive or negative; it's how you interpret them that makes them so.

So, the fight of "how to stop overthinking?" ends when you deeply understand what a thought is! And then you'll start to live a life that is above thoughts. I mean above thoughts, not without thoughts, because you need thoughts. You need them to work, to do things, to communicate. But when you don't need thoughts, most of the time, you'll live in a thoughtless state, where stress and anxiety no longer dominate, allowing you to respond to life with calm and resilience.

When you are in a thoughtless state, your brain operates at its highest capacity. In this state, you'll start to see life's reality—the reality of the universe and the reality of yourself. You'll begin to truly see the beauty of this universe, realizing the fact that everything is interconnected and interdependent. You'll find beauty in everything, even in ordinary places that most people can't. This happens because you are now above thoughts, meaning you've understood what thought is, and you've put it in its right place, liberating yourself from the unnecessary stress and anxiety that once clouded your perception.

You've experienced this state many times before—the one we're talking about, which is nothing but a thoughtless state. You feel it whenever you see something new and amazing, like the top of a mountain, a flowing river, fresh snow, a sunrise or sunset, or a night sky full of stars. In those special moments, when you see them for the first time, no thoughts run through your head. You just stare in wonder, completely mesmerized. But that thoughtless state only lasts for a few seconds. Then, once again, thoughts start racing back in, pulling you back into familiar patterns of stress and anxiety.

Right now, your whole life is taken up by the mind. Most people live trapped inside their own thoughts, stuck deep in their minds. They can't really look at the world or notice things around them without thoughts jumping in and blocking the view.

To test if you're living like that—in your mind all the time—try this simple thing: Go sit outside by yourself for just one hour. Leave your phone behind, and make sure no one is around. Just sit quietly and watch what's going on in your surroundings. Try to see it as it is, without any thoughts getting in the middle. When you do that, you'll truly see where your life is happening: lost in your head, or free, and you'll recognize how much stress and anxiety you've been carrying.

So, the only real way to fix problems in your inner world is understanding. So, start understanding right now—don't wait. This is the only solution to overcome overthinking, and the stress and anxiety it breeds. Don't live like a robot. See the world like a true human being. This life is really a wonderful gift, and you are way bigger and stronger than you think. Now, go ahead and understand what thought and thinking is. You'll discover real freedom in that simple truth, free from the chains of constant stress and anxiety.

Thank you for giving your time.