

**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.