

Create Your Own Radio Station (or You Are Not a Purple Alien)

Our Mind is like a Radio

There are many thoughts, voices, ideas, and words flowing in and out of our mind and potentially captivating our attention.

We can't control what comes into our minds, but we can control what station we listen to. We are like a sponge absorbing many things about life. We take in information from relationships, work, family and the world. What we absorb affects our mind and emotions.

Often our mind gets stuck on a negative station. Stuck in a negative loop. In this case, we need to change the station. We can observe our thoughts, as if watching a movie. While they are happening, we can listen and identify what our thoughts are.

If our thoughts are negative, fearful or self-critical, we end up often agreeing with the negative input and this results in us being scared, stressed, afraid, self-doubting, or even worse thoughts.

You are not a Purple Alien

We need to learn to not give power to negative thoughts by agreeing with them. We need to hear what's in our head but dismiss or disagree with it. For instance, if someone walked up to you one day and said to you. 'You are a purple alien'. You would likely not take it in as truth, freak out and say, 'oh no, I'm a purple alien!'. You would more likely respond by saying to the person, 'ok, you have a nice day' and walk away. You would not give credence, respect or time to the comments. We need to similarly not give acceptance to certain negative thoughts in our mind.

Develop a New Station

However, a new station in our mind, doesn't just happen by itself. Especially if we have experienced or taken in something upsetting or traumatic. We will need to learn to develop a station that will hold our focus.

To develop a new station, firstly we must identify and list what thoughts, places or experiences bring us to a place of peace, calm and positivity. This list could contain poetry, lyrics, verses, art or any positive affirmation that brings you to a place of feeling at peace. The new station would be able to create within us a sense of well-being, acceptance, confidence, hope and peacefulness.

If you would like to create your own radio station in your head, spend some days answering these questions:

What makes me feel relaxed? Where could I be in the world that could lead me to feel peaceful and relaxed? What would I be doing in these moments that would lead to this peaceful state of well-being?

You can think of yourself being or doing these things that lead to joy and peace in yourself.

In the Moment

Identify what your senses are while you are in this place of peace. What do you hear, see, feel, smell? Close your eyes and imagine being in that experience.

Gratitude

Make a list of things you are grateful for. List eight top things. Review this list when you need to change stations. This can be your gratitude station.

Initially, the new station may only hold our attention for a few seconds or minutes. But if we commit to practice with consistency and patience, over time we will develop a new mental focus that our mind would be able to be at rest in. This will eliminate fear, worry, stress and other negative thoughts and feelings.

We can also teach our kids to create their own radio station.

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Freedom4U provides an after-school program at Hearts Respond Studio for kids and teens in San Pedro to socialize, receive tutoring and become leaders.