

We Actually Decide What We Say and Do

Yes, even the things that we say that we don't know why we've said them, we actually chose to say them. The same goes for the things we do. Most people will probably disagree with me about this, but that comes from being ill-informed about decision-making.

You see, as we make thousands of decisions subconsciously every day, we don't realise that we assented to doing all that we've done. I repeat: **We make unconscious decisions every day, but they are decisions that we chose to enact.**

Let me give an example as a way to elucidate this human mode of operation.

When a person is very generous by nature, it may seem that they can't help themselves being generous, but there can be underlying reasons for their motivation. Of course, this instance doesn't apply to every generous person. In my example, the person gets validated each time they are generous, either by the thanks they receive, or the pleasant ('goosey') feeling of giving. Each time they are generous, this desire for validation provides the unconscious "Yes" to proceed with the generosity.

That example may seem far-fetched, but if a person takes on the responsibility of evaluating everything they do and say, many unknown facts about their behaviour – such as why they are overly generous – will begin to come to light.

Here's another example.

Many women (and some men) unconsciously talk to others about whatever comes into their head. While observing this, it may seem that they don't think about what they are saying, but that would be a false assumption. Although they may not think about the consequences of what they say, there's usually a reason for everything said. Because the assent to say something is made subconsciously, the person may not be able to explain why they said what they said, because it didn't register consciously.

Also, because we can't read their mind, we are unable to assess whether it was a conscious, unconscious or subconscious decision that they made each time they spoke during a conversation.

Here's some other examples. A person decides to:

- get tattoos – Possibly, to show how manly they are.
- wear fashionable clothes – Possibly, so they are not excluded from their peers (peer pressure).
- put a ring through their nose or pierce their tongue – Possibly, to display their rebellion against the authority of society.
- dye their hair multi-colours – Possibly, so they are noticed and get validated.

You see, there are reasons why we do or say things, even if we're unable to articulate why.

I know I'm writing in generalities here, but the intention is to highlight our need to be in control of ourselves. This is particularly important for sons as Father is expecting us to move towards having our spirit in charge of our being, rather than our mind or our soul. That change doesn't happen without our involvement and without our approval to make the change in control.

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