

# Managing the Mind

**Dr. Manuel Angel (Coco) Morales**

As it is well known among social scientists, before a human being can even see the necessity for thorough and complete self-government, he or she will have to throw off a great delusion... It is that of believing that his or her lapses and difficulties of conduct are due to those around him or her and not entirely about himself or herself. The expressions such as “I could make for greater progress if I were not hindered by this other person” or “I am having difficulties to make real headway in the face of controversial people,” point to the error of imagining that others are responsible for one’s folly.

Real personal growth and development occur when a human being is capable to confront and accept reality, and to satisfy in a constructive manner purpose needs and feelings that his or her life has real value. The weak or fragile human being will always blame others for his or her misfortunes. By continually living in this delusion, he or she becomes more confirmed of rashness and perturbations. The logic here is very simple. No one can engage in a project of self growth and development if he or she is convinced that problems and difficulties spring entirely from the actions of others. When this is the dominant mind construct the tendency is to displace responsibility toward others, eventually becoming completely lost to all knowledge of the real origin of this unhappy state...

A great challenge for human beings who want to grow and to develop their minds is how to learn in a profound manner to deal successfully with the tangible and intangible aspects of the real world. Growth is effected to the extent that the human being comes to accept full responsibility in the real world without constantly blaming others. There is a problem when a person constantly denies the reality of the world around him or her. To the extent that people learn and practice to confront life’s challenges in a healthy manner, they will have no inclination to deny reality and to blame others.

Conditions of weakness, fragilities, and difficulties in all human beings take their rise in their hearts, and they alone are responsible for their reality. It is true that life has a huge impact on the making of their reality. It is true that life is full of tempters and provokers, but temptations and provocations are powerless to the ones who refuse to respond to them, especially if you have the Holy Spirit commanding your heart. Tempters, provokers, manipulators and blinders are nothing but foolish actors in the presence of a robust, healthy, beautiful and well managed mind.

A well managed mind can cope with temptations and provocations. Again, this is a matter of psychological responsibility defined as the capacity of a human being to fulfill his or her needs without depriving others of the ability to fulfill their needs.

Engaging in teaching and learning on responsibility is the most important exercise for managing the mind. The counselor who is trying to bring someone to act with responsibility and so to fulfill basic needs and to feel worthwhile, must be friendly and open, but never show or express negative actions toward others. The counselor must be one who acts responsible if the aim is to be effective while teaching and training about responsibility. Here, the emphasis is both on forming attitudes and behaviors for managing the mind.

If human beings learn and practice how to be responsible for their actions, they will have already raced a considerable distance of the marathon of life, acquiring wisdom, strength, and peace in such a venture. Then, they have learned how to use provocation as a means of growth and wrong behaviors of others as a test of their own stamina, tenacity and strength. We can better grow patient by interacting with the impatient. We can learn to manage our mind by having the experience of interacting with people who unfortunately can't. If a human being is impatient with the impatient, he or she is impatient. If he or she is selfish with the selfish, he or she is selfish, and so on...

The test and measure of a robust mind are trials, and the more it is tested the brighter the mind will shine. If a person thinks he or she has a virtue, a skill, a competency or a gift, let him or her to show it when a difficult time arrives. If there is no expression of such a competency, he or she has not yet attained the possession of such a virtue.

If a person is really capable of managing the mind, let him or her avoid the foolish belief of being hindered by others. The healthy mind will always discover that is hindered only by oneself. Let the person realize that the giving way to another is bit a revelation of his or her own imperfection. Achieving this great condition equals to a descending light of wisdom and maturity, to opening the doors of peace and to conquering the challenges of managing the mind.

The fact that a person is continually troubled and disturbed by what others do is an indication of a deeper need for comprehension of himself or herself in the journey toward a higher steady state of mind. The quest is to stop blaming others and start living steady under all circumstances. Only then what he or she imagined as a provocation of others can be understood as an inner provocation of himself or herself.

There is a great healing that comes to a human being through understanding the dependence on God and the realization that human attributes are all gifts, which are constant reminders of the giver and a wellspring of thanksgiving.

**Dr. Manuel Angel (Coco) Morales**

**Contact Freelance at: [cocomorales1@gmail.com](mailto:cocomorales1@gmail.com)**

**Cell phone: 787- 249-6102**