THOUGHT MASTERY

-Be in full control over your thoughts and mind
-Every fiber of your existence makes you have full control over your thoughts and emotions
-Every fiber of your existence makes you have full sovereignty over your thoughts and emotions
-Every neuron and cell in your brain makes you have full control over your thoughts and emotions
-Every neuron and cell in your brain makes you have full sovereignty over your thoughts and emotions
-Be able to hold a thought for as long as you want
-Every ounce of mental and psychic energy in your being makes you have full control over your thoughts and emotions
-Every ounce of mental and psychic energy in your being makes you have full sovereignty over your thoughts and emotions
-Dissolve the fear of losing control over your thoughts and emotions
-Negative thoughts patterns are now fully dissolved
-Always maintain a mindful state
-Cut cords with negative thoughtforms, traumas, energetic patterns.
-Strong mental and energetic shield against intrusive thoughts
-Excess media consumption cannot affect your thought patterns
-Be a master meditator
-You have always had the innate talent of perfectly doing all forms of meditation

INTRUSIVE THOUGHTS

-Completely stop

- Violent or aggressive thoughts
- Obsessive-compulsive thoughts
- Unwanted and compulsive Sexual thoughts
- Fear or anxiety-related thoughts

-Dissolve all the guilt/regrets/fears/worries that contribute to generation of intrusive thoughts
-Intrusive thoughts cease to exist in your mind/brain
-Intrusive thoughts can't form anymore
-Completely stop Loops of negative thoughts
-Remove compulsive/obsessive thoughts
-Imbalances in the endocrine system that contribute to generation of intrusive thoughts are now healed permanently
-Fix Gut microbiome dysbiosis [It has been linked to OCD]

- **Gut microbiome dysbiosis**:It is a condition characterized by an imbalance or disruption in the composition and function of the gut microbiota, which refers to the vast community of microorganisms, including bacteria, fungi, viruses, and other microorganisms, residing in the gastrointestinal tract.

-Neural networks that generate intrusive thoughts in your brain are now transmuted to generate positive thoughts
-Heal Hyper-active/Overstimulated Amygdala
-Healed and enhanced functioning of dorsolateral prefrontal cortex (DLPFC) [*is implicated in cognitive control and working memory, which are essential for redirecting attention and inhibiting intrusive thoughts.*]
-Perfect and dominant functioning of mPFC
-Heal hyperactive cortico-striatal-thalamic-cortical (CSTC) circuit [*Hyperactivity in the CSTC pathway is involved in obsessive compulsive disorder (OCD)*]
-Pre-frontal cortex perfectly inhibits the obsessive/intrusive thoughts generated by the amygdala
-Genetic predispositions that make you susceptible to intrusive thoughts/OCD are now fixed
-Balanced neurotransmitters [GABA,SEROTONIN,DOPAMINE,etc]
-Enhanced neuroplasticity in favor of controlling your thoughts
-Trauma and stress triggers that are involved in generation of intrusive thoughts are now dissolved
-All the karmic residue from your past or past lives that contribute to generation of intrusive thoughts is now being resolved and dissolved.