Mindfucked

Before I start, I actually want to tell you guys something very personal and serious and something that I'm actually not happy about. I struggle a lot when I try to transform all my thoughts on to a single sheet of paper or even through my mouth, especially complexed ones like this that I'm going to talk about today. So please do pardon me if this doesn't make much sense or is confusing.

People say that those who take risks are a lot more likely to succeed than those who don't. Yet the majority who keeps on repeating that same phrase are also the ones who are reluctant towards that idea of making the leap that faith. Quite ironic right? But please consider that our bodies and minds are preprogrammed to protect us from anything that it naturally deems as harmful; it's a natural surviving instinct that we all carry. This can explain for that laziness you feel getting out of your bed each morning.

It's quite hard to escape this mindset because of how familiar we are with it. We enjoy doing the same things over and over again because it's relatively comforting and safe; or as so our minds tell us. It's just like how you would pick a same dish every time when you're at a certain restaurant despite all the other options. But if we could surpass and manipulate the comfort zone that our brains puts us in, imagine how many things we can achieve in our lifetime instead. You might not think that your laziness could impact your life in much of a way that concerns you but it does and allow me to show you how.

Let's take school for example. Everyday, you go to school to supposedly "learn". But what are you really learning if all the material and lectures taught were designed by teachers who have their own personal biases and maybe even their own secret agendas? Because in many cases, you are learning the way how your teachers interpret the world vs teaching you how to interpret the world yourself. They pass their morals on to you by telling you what's wrong and what's right. But yet many of you still wouldn't even take a second to question the things you were taught. I mean why does it feel more valid if the teacher decides that your answer is wrong vs when your classmates does? Why isn't your answer just as valid as your teachers? Is there even such things as wrong or right or is it just a comfort zone that you want to believe in for its existence because you're too lazy to think about anything else?

Let's put all these questions into perspective shall we? You guys remember Galileo right? No not our school, I'm talking about the scientist Galileo. When he made the theory about how our Earth revolves around the Sun, nobody believed him. In fact, his unpopular theory resulted in him actually being called into the Holy Office for a trial. And then flash forward, he was actually right this whole time, yet nobody dared to believe him during his time. He is a pure example of having a unfucked mind. He was able to question his surroundings and trends despite all the hatred received and transcended the lies into the reality that people really despise.

Another example, this time much closer time in history to us would be MLK. He was a brave soul that fought mainly against the racist ideals that society had put up at the time. He oversaw his own struggle as well as many other African Americans' struggle and wasn't afraid to speak up. He wasn't afraid of taking risks in order to share his message. He had to pop out of the comfort zone that his mind had put him in, in order to protect him from the possibility of being lynched to death. And I think that is what differentiates a good leader from the rest. And in this case for MLK it was his ability to defeat his naturally protective mindset.

And what we can learn from this is that often times, the people who are "wrong" are usually right in the end. Because with the absence of this protective mechanism that the brains puts out, they are able to see much more clearer. Actually, how many of you wear glasses here? For those of you wearing glasses, you should understand when your glasses steam up, everything is blurry and the only things visible are a blur of colors. And the steam in this case represents all the fear that's entrapping you from seeing the reality. But once you allow the steam to clear, everything becomes crystal clear.

This is kind of random but related but if you've ever visited a "mental" hospital, you'll actually understand that behind those doors hosts some of the smartest people in the world, in a way that you've never thought about. They aren't afraid of seeking the truth beyond these doors that society has set up for us. Society is the rational and restricting fear that is embedded in our brain because of our surroundings.

But in more simpler words, I should just say society isn't always correct. Racism was an acceptable norm of our civilization once and still is for some of us *cough cough* crazy white dudes macing peaceful BLM protesters in other states. Women was once inferior to men and we still are *cough cough* wage differences. There's a lot of things that society isn't correct about, if not all of them. But the thing that stops many of us from addressing the issues are our own minds. We are able to challenge conformist mindsets yet we choose not to because of our fear. The founder of Amazon left his high paying job to start Amazon, Steve Jobs and Mark Zuckerburg dropped out of college to start Apple and Facebook. MLK risked his life to share his desires for the advancements of society and he became a huge influence now looking back on history. I guess what I'm trying to say is that our brain is manipulated by the society a lot of times and to the extent where it becomes completely a product of societal ideologies if you don't learn how to have a growth mindset; it is a barrier from finding our true self, morals, and beliefs. Go out of your comfort zone to do things that aligns with your authentic self. Live for yourself, not for others.