

YOU AND YOUR MIND

By Audrey Hlembizky

Your brain is this mysterious and powerful machine.
We know it is in our heads, even though it cannot be seen.

It controls our bodies, our speaking and our thinking too,
and at times our thoughts are real and at times untrue.

Did you know your mind has over 50000 thoughts a day?
They go all day long, when you sleep, eat, at school and when you play.

Our thoughts remind us to speak, think, plan and do
They give us ideas, have us create and tell us when things are false or true.

At times your thoughts will tell you that you shouldn't or
couldn't or it is too scary to try.

Those are the times when you trust your thoughts that say
those thoughts are a lie.

You can do anything that you set your amazing mind to.
Why? Because your thoughts can and are always created by you.

So even when your thoughts say that this is not easy, its hard or you may not win
Be kind to yourself, and patient and trust your brilliant mind within.

