

**Be Gentle with your Mind** by Steve Taylor

Be gentle with your mind.  
Don't overload it with demands  
or fill it with too much information  
or pressurise it with too many deadlines  
until it frazzles with strain  
and can't work for you anymore.

Your mind isn't a machine; it's a sensitive artist.  
It gets agitated easily, if conditions aren't right.  
And then its inspiration fades, and it can't give birth  
to new ideas and insights.

Your mind is full of flowing energy, like a river -  
but it gets polluted easily, if you don't protect it  
from stress and over-stimulation.  
And then the energy turns toxic, and you feel sick inside.

So be gentle with your mind.  
Allow it to be filled with space,  
not clogged up with information.  
Allow it to be soothed with stillness,  
not bombarded with stimuli.

And then your mind will serve you  
with quiet and easy grace  
and bring you an endless flow of gifts  
from a place beyond the mind.

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This poem was posted by Marie Bloomfield, M. Psychol., MAPS. August 2019.

Websites: [www.bloomfieldpsychology.com.au](http://www.bloomfieldpsychology.com.au)

or [www.mindfulpath.com.au](http://www.mindfulpath.com.au)