

Mental Bench Press
2.17.10
Insular Thinking



How insular are you in your thinking? Let me explain. A very wise man and a friend of mine whose name is Ray shared this powerful concept with me.

The word insular pertains to an island. Islands are called islands because they are isolated. Thus the term insular.

When you think of an island you think of it perhaps being detached from other pieces of land. It's out there all by itself.

As humans, we become very insular in our own thinking. We can't help it. This can serve us but it can also limit us in so many areas in life.

As we form concepts of how we view things like money, success and relationships, we become insular in our thinking. We create our own world as to how we perceive things.

The longer we maintain the same beliefs the more insular we become in our own thought process. We so to speak, detach from other ideas or options and live in our own world with the perception that this is the way it is and this is the way it's going to be.

There are so many examples of insular thinking. Certain cultures are insular in their thinking. Organized religion is very insular in their thinking and I could go on and on with lists.

Knowing and understanding this concept has helped me come to realize that I must be cautious not to get wrapped up in my own thoughts to the point I feel that there is no other way of looking at things.

A concept that I have taught for years is, 'Don't believe everything you believe.' Adopting a belief like this keeps you from being so insular in your thinking.

They've 'isolated' their thought process into believing the way they have always thought is the way it is.

We must be open to the fact that there are so many ways to look at things. Try your best not to be so insular. We all do it but to what level you do and practice it is up to you.

The key to mastering this is to have an open mind and realize your thoughts are just one of many ways of looking at things. They are not necessarily right nor are they necessarily wrong.

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Strengthen your mind and you'll have a powerfully fulfilling life.