

# Psychosis – Practice Delay, Then Work With

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Practice this: if a thought occurs to you that implies speech or action, delay the expression until later. Practice this both with unpressured thought, and sometimes with thought that you think is necessary – unless it is necessary! Then see if you express the thought later, again via speech or action, or decide on a different thought. (In the meantime things may change.) Try this in succession, or to what seems natural. In this, you can delay the expression of a thought, then reflect on it, and consider it in relation to other thoughts, its philosophical, spiritual, or psychological meaning, or in conjunction with what another person is saying or doing.

That is, practice delay, and work with. Practice this occasionally, often, or not at all, depending on what you want to work with and what is functional.

Reflect also on energy states, and the connection between thought and energy states. One thought might bring your energy state up, another thought might bring it down, and yet a third thought might leave it at the same place.

Reflect on this, also: the temporal (time and time-interval) is important. Introduce this to your awareness of thought, speech, action, and energy states. Even to think in terms of thought, speech, action, and energy states in their noumenal (a noumenon is ‘a thing of reason’) and then in their phenomenal (how it appears in the world of phenomena; a phenomenon is something that appears or manifests in the world)[1][2] and interconnected manner can be useful.

All of this may help you to – likely with other strategies – return to a state that is naturally at one time dynamic and fluid, another time silent and contemplative, and always naturally expressive. See what you get. It may help you through psychosis. You can practice the mind: discipline and awareness. You’d want to work with this over time. This is very much per individual, and must be assessed by the individual on its merits or practicality, and outcomes. The goal is: a renewed view, re-orientation, re-formulation of this or that, deeper meaning and insight, and useful means to accomplish a profound perspective.

## Footnotes

1. This is interesting, and may provide a useful vocabulary. And a thing of reason – a noumenon – can lead to different paths taken, in one’s mental experience, leading to various mental phenomena! And vice-versa. If you can begin to notice these, in these terms, it may help sort things out, and lead one to plant various types of wholesome or orientation roots in one’s mind, that lead to this or that outcome.

2. You can then work with various intentions, and how they might play out, hopefully consistent with your philosophy, spirituality, or psychology; and in a way that has a desired effect or anticipated outcome.