

REALITY ARISES WITHIN YOUR THOUGHTS

BY LOUISA SCHÖNE

YOUR THOUGHTS CREATE YOUR REALITY.

Thousands of years ago, Buddha Siddhartha Gautama said:
„All that we are is the result of what we have thought.
The mind is everything. What we think we become.”

Your life is the perfect mirror of your thoughts, beliefs and dominant mental attitude. Whether you realise it or not you are already creating your reality through the power of your thoughts. Every effect you see in your outside world has its original cause within you. To gain access to the greatest creative power at your disposal, you must learn to control the nature of your habitual thoughts. Your thoughts create your reality
- know, internalize and apply this truth.¹

¹ Tania Kotsos, Thought Power - Your Thoughts Create Your Reality

All images: Louisa Schöne, from the series Reality Arises Within Your Thoughts, collage technique, 2019/20



REALITY EXISTS IN THE HUMAN MIND.



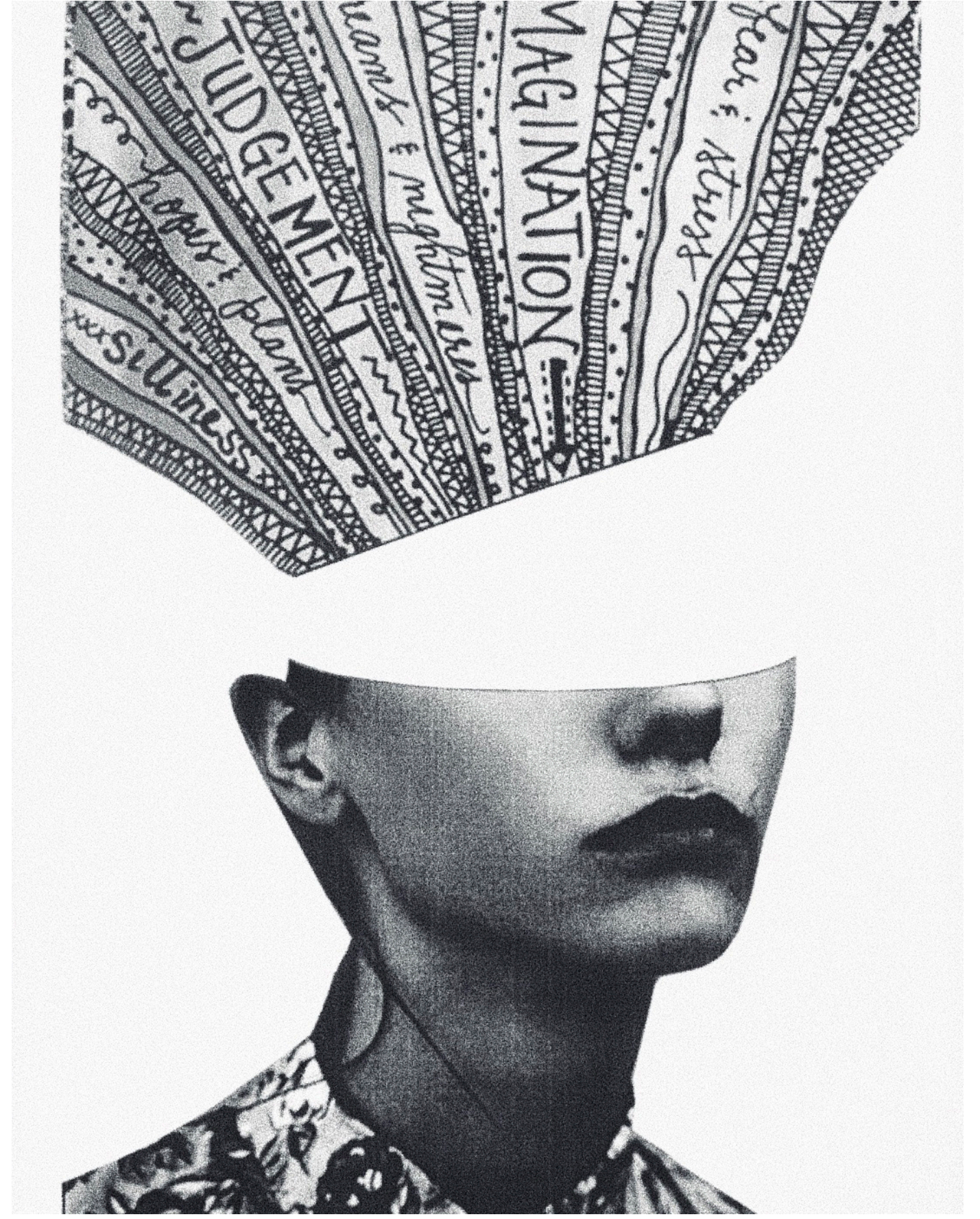
IT IS ALL IN YOUR HEAD.



EVERYTHING YOU CAN IMAGINE IS REAL.



THINK UNCONDITONALLY.



BUT DO NOT BELIEVE EVERYTHING YOU THINK.



DO NOT LISTEN TO THE BULLYS INSIDE



YOU SPEND MOST OF YOUR TIME INSIDE YOUR HEAD, WHO
CREATES YOUR REALITY. MAKE IT A NICE PLACE TO BE.