

# Regulation Of The Mind And Thought Content

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## REGULATION OF THE MIND AND THOUGHT CONTENT

This touches on natural language description, and also on the medical model.

The mind could be said to be made up of the regulation of the mind, and also features like assumptions, reason, conclusions, ideas, thoughts and thought structure, feelings, speech, action, view (view of the world, of others, of speech, of action), perceptions, understanding, and consciousness.

These are just some ways to establish the domain. It's not just brain chemistry (and this would most closely correspond to regulation of the mind, or be a subset of it; meds might be said to work on some level with a subtype of regulation of the mind). Regulation of the mind would touch thought, perceptions, action, and consciousness. It would be regulation of mental energy, regulation of thoughts (regulation of thought type, regulation of thought content, regulation of thought pace). I think there are several ways to approach regulation of the mind: recognition, thought direction, awareness, and meditation.

How do you view the following? —

- assumptions
- reason
- conclusions
- ideas
- thoughts
- thought structure
- feelings
- speech
- action
- view (of the world, of others, of speech, of action)
- perceptions
- understanding
- consciousness

How do you think regulation of the mind might be expressed?

This preceding expansion on a theme is how one can approach various things in a natural language sort of way, yet allow technical description depending on context.