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# Self-Discipline

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Muata Ashby wrote that

“The mind is capable of taking any direction it is given, provided the mind is disciplined and controlled.”

An aphorism in *The Anarchybation* teaches that “The revolutionary is a free thinker able to walk out of one door in the mind and into another.”

In a world where the struggle for survival is not only a material goal but a mental priority, it’s of fundamental importance that we consistently exercise self discipline in our social lives as well as in our minds.

We make our beds each morning; it infuses us with the feeling that we have it together. We look in the mirror and tell ourselves a positive affirmation like “I’m a revolutionary”, or, “I’m a thinker”.

Those of us who are handy capable maintain presence of mind despite our dilemmas and find ourselves standing taller, standing stronger: in fact, more mentally intact than the most ice-hearted oppressors throughout the world who let their spirits be broken.

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When you carry yourself like this, you can't help but to glow. It reflects your maturity level and revolutionary development, despite how inhumane or reactionary the odds.

You operate with an elevated sense of self-esteem when you take, even if only for a moment, control over your life and project this inner power to change the world.

Remember that unlocking our inner powers requires dedication and patience. Never forget the power of your spoken word can bring a revolutionary shift in perspective.

You can use your tongue to touch someone to free them from an emotional prison. To paint an image into your and to another person's mind, as a responsible art.

You're free inside when you define yourself as you see fit, as Title-holder of who you are. As Erriel Kofi Addae expressed, "Being a self-definer is a liberating act of ceasing to allow those that oppress to define the oppressed."

What this essentially means is that the power is yours on what to think, how to feel, what to direct your focus on. To detach yourself from any emotions that may have been holding you down. And you arrive from the dusk an emissary of the dawn; possessed with an inseparable sense of self. You return to bed at night a warrior of your own inner well being.