

The Super Hero Saga: Cultivating the Mind of Batman

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If I asked you who one of the most legendary Superheroes is, you would probably say Batman. Bruce Wayne, aka Batman, lives a truly great life. An all-American playboy, industrialist, and philanthropist, Wayne trained himself both physically and intellectually and created a bat-themed costume in order to fight crime. The ironic thing about the word “superhero” is Batman doesn’t have any superpowers. He relies on his own scientific knowledge, detective skills, and athletic ability to save the day. Batman is regarded as one of the world’s greatest detectives. Lately, I have felt a little bit like Batman, using my detective skills to probe the minds of different individuals.

While, like Batman, I am using my detective skills, I am learning that many individuals constantly battle their inner dialogue, demonstrating “What nourishes me, also kills me.” The inner dialogue of the minds of many girls cry, “I’m too big! I’m too small! I think I’ve gained weight. If I eat this piece of cake, I have to work out longer. I must have a ‘perfect’ body like this model!” Thoughts like this are lies, and they simply drown out the truth. How can we cultivate a healthy lifestyle if our minds are submerged in constant lies? We must choose to focus and listen to the truth that is entangled in the midst of lies.

If Batman had not chosen to open his mind to knowledge and truth, he would not be the extremely intellectual man we know. His mind contained the ideas for the batsuit and batmobile because he chooses to acquire knowledge. We must be like Batman and cultivate a strong ability to understand our thoughts. When a lie comes into our mind about our bodies, we must “bounce” it out with a truth. By “bouncing” our thoughts, we will, overtime, create a strong mind. A mind that only knows one voice: the Spirit. Knowing the Spirit will open our minds to begin to collect knowledge and truth. Building a wealth of knowledge and truth in our mind is part of living life to the fullest.

Batman lives a full life. He is a legendary Superhero without superpowers because he chooses to focus on wealth of knowledge and truth. He knows and understands, “What nourishes me also kills me.” Batman has the wisdom, that what nourishes his mind, could also kill it. Having this knowledge, he has trained his mind to “bounce” his thoughts, and avoid potential destruction. Like Batman, focusing on nourishment of truth and wealth of knowledge in my life has opened my mind up to new concepts. Each concept is drastically altering who I am becoming and who I will become.

Today, I challenge you to start “bouncing” lies out of your mind onto truths. Allow only truths to live and breed in your mind. Become like Batman by allowing truth to lead to a wealth of knowledge. I believe truth will only make us stronger. Truth and wealth of knowledge make it possible to live great lives. New ideas and concepts that are unfamiliar to us can lead to new experiences that will shape our future. Only you have the choice to pursue cultivation of a healthy lifestyle, and the choice lies in your mind. Will you listen to lies and remain uncultivated and confused? Or, will you become like Batman: Choosing to cultivate truth and wealth of knowledge of the mind?