SATURATE YOURSELF



Break the Cycle of Negative Thinking and **Start** Building the Life You **Dream** Of

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First digital edition · 2026

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FREE READING SAMPLE

Begin with the glass

Read the complete opening two chapters, including the glass explanation and its practical summary. The main book continues beyond this sample.

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The numbers match the printed page numbers. Tap a chapter title here, or use your PDF reader's bookmarks.

Continue exploring

The full book develops the ideas through self-talk, imagination, ordinary days, and choices about the life you want to build.

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CHAPTER 01

What fills your mind

Much of a life is lived while we are busy getting through the day. There is food to prepare, work to finish, someone to care for, another bill to meet. We can become so good at keeping everything going that we stop looking at where it is taking us. A dream becomes something we mention less often. Time passes, and the life we hoped to build starts to feel like a story about someone else.

This book begins with the part of that story you can start working on today: the words, ideas, and pictures that keep coming back to you. You will learn to notice them, choose more helpful ones, and practice using them in real situations. Then we will connect that inner work to something you can see and do: a different response, a skill you develop, a boundary you explain, a choice you prepare for. The aim is a life in which more of your time goes toward what matters to you.

You may be young and unsure where to begin, or older and tired of hearing that your best chances have passed. You may have children, debts, health limits, or relatives who depend on you. Perhaps you are rebuilding after loss, adjusting to a new country, or working hard in a place with few opportunities. Perhaps things look good from the outside, yet your days feel used up before you have done anything for yourself. There are many starting points. You do not need to hide yours to read this book.

The meaning of saturation

In its everyday physical sense, to **saturate** something is to soak it thoroughly or fill it completely. Imagine a dry cloth placed in water. At first, only one corner is wet. Leave it there, and the water spreads through the cloth. That ordinary meaning gives us the image behind the title.[1]

Saturation is filling your mind and soaking your whole being in positivity and possibility.

It means choosing, again and again, what you tell yourself, what you imagine, what you learn, and what you do, so you begin practicing the life you want within the life you have. The words and mental pictures you repeatedly return to can guide what you notice, the choices you make, and the actions you take to begin living what you once only dreamed of. Reading an idea is the start. Using it can change what you say, what you do next, and how you feel as your day unfolds.

These pages bring a practical view to ideas that many people have explored before. Some come from spiritual teaching; others come from work on thought, learning, and behavior. We will meet those influences together in one chapter. First, we will make the idea clear enough to recognize in your own life.

Imagine that someone speaks to you, texts you, or sends an email saying, “Can we talk tomorrow?” If the relationship feels safe, you may think very little of it. If you have had painful conversations with that person, you may start preparing for another one. While washing dishes or traveling home, you picture their first words. You defend yourself. You imagine their reply, then change yours. Tomorrow's meeting has not happened, but you have already taken part in several versions of it.

The first worried thought may have arrived on its own. The next half hour of imagined argument adds to it. This is one way a thought can follow you through a day: it keeps getting new words, new pictures, and new attention. You may recognize the same pattern in worries about money, memories of an embarrassing moment, or the belief that people like you never get a fair chance.

A different response begins with a clear description: “They asked to talk. I feel worried, and I do not know what they will say.” You can then give yourself a reminder before the conversation: “I will listen first. If I need time to answer, I can say so.” Picture that moment: your feet on the floor, the other person finishing, and you taking a breath before speaking. If something needs preparing, prepare it. If the imagined argument starts again, you already have another scene to practice.

That is saturation in a small, ordinary moment. You give a chosen response repeated attention so it has a chance to become familiar. You are not waiting for life to become easy before you start. If a practice makes you more distressed or afraid of your own thoughts, stop and seek suitable support. Inner work can sit alongside professional care when you need it.

Your circumstances and your next choice

Consider a person who thinks, “I cannot leave this job right now.” There may be good reasons. The pay buys food. The hours fit around care. Other work may be difficult to find. The sentence can be an honest account of today. Trouble begins

when an extra sentence follows: “So this is all my life will ever be.” Today's need has become a prediction about every year ahead.

A better answer respects today's need and leaves room for change: “This income supports me today. While I have it, I can prepare another choice.” Preparation might mean practicing a skill with materials already available, checking the requirements for another role, or arranging one regular period when somebody else shares a responsibility. The right step depends on the situation. When you remind yourself of that step during the day, you are more likely to remember the plan. When you take it, you have actual experience to build on.

The same distinction matters when life changes in a way you did not choose. After a loss, an empty place at the table may make the future hard to picture. Encouragement need not mean pretending the place is filled. It might begin with allowing someone to sit with you through a difficult meal. What happened matters. So does the care still available to you. Saturation must make space for that truth, or it becomes another pressure to look fine.

For our purposes, escaping the rat race means building more choice over how you use your life. It might include different work, fewer unwanted hours, a creative business, a stronger support network, or time you can enjoy without rushing toward the next demand. The shape will differ from person to person. We begin by paying attention to what repeatedly tells you that change is impossible, and what could help you begin preparing for it.

Chapter summary

- Today's responsibilities are real. They do not tell you everything your future can hold.
- Replaying an imagined argument can make it feel settled. Remembering that you have not heard the other person yet gives you another way to prepare.
- Saturation grows through what you keep returning to: words that encourage you, scenes you imagine, things you learn, and actions you take.

Picture a glass beneath a running tap. Watching what happens inside it will help explain saturation.

CHAPTER 02

The glass, the water, the change

Place a clear glass in a sink. Fill it to the rim with a dark drink, such as cola. Now turn on the tap so fresh water runs into the glass. Keep watching. The glass is already full, so the new water mixes with the drink and some of that mixture spills over the edge. What stays inside begins to change.

This familiar demonstration has appeared in other self-development teaching. We are using it here to make the meaning of saturation visible.[2] Follow it slowly, because each part of the picture has a job.

First, see what is already there

01 / THE STARTING MIXTURE



Fresh water enters a full glass. Some mixed liquid spills over the rim. The dark drink represents what has been weighing on your attention.

The glass stands for your inner life: the thoughts you hear in your mind, the scenes you imagine, the feelings you carry, and the meanings you give to events. The dark drink represents a mixture of things that may have gathered there: criticism you still remember, fears you rehearse, painful experiences, daily pressures, and messages you have heard so often that they sound like your own opinion.

The color simply helps us see the mixture. It is not a measure of your character. A person who has suffered is not spoiled or less worthy. In this picture, we are looking at what keeps holding their attention, not judging who they are.

Think of a morning when the house already feels beyond you. There are dishes beside the sink and laundry waiting to be put away. You see a photograph of somebody else's spotless kitchen and think, “Everyone else manages.” Later, a misplaced key seems to confirm it: “I cannot keep anything together.” The photograph did not create the chores. But the comparison and

the sentence have added shame to work that was already waiting. Notice how several ordinary moments can keep feeding the same conclusion.

The fresh water stands for what you choose to add. In that kitchen, it could be a fairer sentence: “There is a lot here, and I can begin with the sink.” It could be seeing how another household shares a task you have been carrying alone. You may still need time and help. The new input gives you a way to approach the real situation without adding an attack on yourself. A lesson, a prayer, an encouraging person, or an experience can serve that purpose when it has meaning in your life.

Next, watch the mixture change

02 / THE CHANGE IN PROGRESS



Incoming water mixes with what is already there. The liquid looks lighter as the mixture continues to overflow. The middle stage is part of the process.

At first, the water enters a drink that is still dark. After more water passes through, the drink becomes lighter. The incoming water does not sit outside the glass waiting for it to be empty. It joins what is there, mixes with it, and carries some of the mixture over the rim.

This middle stage matters. You may practice speaking kindly to yourself in the morning and still feel upset at noon. An encouraging idea and an old fear can be present in the same day. That does not make the morning useless. It means that a new way of responding is being practiced while the older response is still familiar.

Suppose you are shopping with a limited amount to spend. A higher price brings the familiar thought, “I will never get on top of anything.” You pause and check what you have already put in the basket. “This costs more than I expected. I can change today's plan.” You put one item back and choose something that fits the amount available. Later, another price stirs the same worry. You return to the actual choice in front of you. The worry has not vanished, but it no longer has to make every decision.

That is the fresh water in everyday terms. You give a fair response another chance while a familiar worry is still present. The response does not put more money in your pocket. It helps you face the amount that is there and decide what to do with it. If there is not enough for essentials, practical support matters too.

In the physical glass, the process is dilution: fresh water lowers the amount of dark drink in each part of the mixture. Here, saturation is the repeated practice of taking in words, ideas, and experiences that support the life you want, then bringing them into what you do. A mind is more complex than

a glass; painful memories do not literally wash out. The picture helps us follow the practice without pretending that a person works like a container of liquid.

Then notice what continued practice can make familiar

03 / A CLEARER MIXTURE



After more fresh water has passed through, the drink looks nearly clear. This is an illustration of dilution, not a timetable or a promise of a worry-free mind.

After plenty of fresh water has passed through, the drink looks much clearer. The glass is still full. What has changed is the mixture inside it. In the same way, saturation brings encouragement into what you read, imagine, say, and do. You practice handling mistakes and setbacks without spending the day checking whether your mind is empty of worry.

On another shopping trip, you might notice the difference before you reach the checkout. You still dislike the prices. Yet you have checked your list instead of spending the whole trip predicting disaster. The change is in what you did at the shop, not in a sudden end to money worries. It may be small enough

that nobody else sees it. You can still recognize it, and you can notice when the situation calls for more help than an inner reminder can provide.

If two equally full glasses start with the same mixture, more fresh water flowing through one each second will dilute it faster, provided it mixes well and the same amount spills out. With people, there is no tap setting that tells us how quickly a job, a relationship, or a life will change. The lesson is about opportunities to practice: a reminder used only once has fewer chances to help you than a reminder you understand and use across ordinary moments.

THE THREE STAGES TOGETHER



The same full glass is shown at successive stages: dark, changing, and clearer. Continued fresh input is the part of the picture we use to remember saturation.

The water is continuous in the demonstration. Human attention is not. You will eat, sleep, get distracted, and deal with things you did not plan. You can return to an idea without keeping it in your head every minute. Sometimes that return is a sentence. Sometimes it is using what you learned the next

time the situation appears. The point is repeated contact with something you understand, not constant supervision of your thoughts.

Chapter summary

- Fresh water enters while the glass is still full. In life, you can begin a different response while worry is still present.
- Repetition means returning when an idea fits, not keeping watch over every thought.
- Look for a change in how you respond when worry returns, such as pausing to rethink a purchase.

The whole picture can be explained simply: pay attention to what you keep taking in, add something worth practicing, and give it repeated use in your day. This is the sense in which we will keep using saturation. Next, we will begin with an input that travels almost everywhere with you: the way you speak to yourself.

END OF THE FREE SAMPLE

Keep the next step in view

The full book continues with the words you live with, the scenes you imagine, and the choices you put into practice.

Explore the book and Practice Companion at emekabaldwin.com

Source notes for these chapters follow.

Sources for this sample

These notes identify the research and teachings behind the numbered references. Historical and spiritual texts are cited for what they teach. Research is described within the tasks and groups studied. The connections, examples and practical suggestions in this book are the author's interpretation. Naming a source does not imply that its author or organization endorses this book.

1 The meaning of saturation

Merriam-Webster's entry for *saturate* includes complete filling and thorough soaking; Cambridge's entry for *saturation* describes related senses. The opening uses a plain-language paraphrase. Filling daily attention with chosen influences is this book's application of the word. Clearing a dark drink with fresh water is a separate physical process: dilution.

2 The glass demonstration

Earlier published uses of this family of images include Lightbeamers' "Dirty Water", 9 April 2019, and Rob Dial's *The Mindset Mentor* episode "Break Your Addiction to Negative Thinking," 24 July 2020, available here through a third-party transcript hosted by Podscripts. The article uses a glass and changing mental input; the episode describes continued fresh water entering a dirty bowl. These examples acknowledge earlier use, without claiming a first inventor or a direct line of influence.

For the physical explanation, see MIT OpenCourseWare's *1.77 Water Quality Control*, Spring 2006, chapter 5, *Reactor Vessels*, PDF pages 8-9 and 13. Faster dilution assumes equal full-glass volumes and starting mixtures, thorough mixing, and overflow matching the incoming water. The picture illustrates repeated input; it is not a model that predicts the speed of personal change.