

THE MIND



So then let's consider first of all what is a mind in the grip of vicious circles.

Well, one of the most obvious instances that we all know is the phenomenon of worry.

The doctor tells you that you have to have an operation and that has been set up so that automatically everybody worries about it but since worrying takes away your appetite and your sleep it's not good for you. but you can't stop worrying and therefore you get additionally worried that you are worrying and then furthermore because that is quite absurd and you're mad at yourself because you do it. You are worried because you worry.

Because you work that is a vicious circle. So how can you allow your mind to be quiet?

Isn't it difficult because the mind seems to be like a monkey jumping up and down and jabbering all the time?

Once you've learned to think you can't stop and an enormous number of people devote their lives to keeping their minds busy and feel extremely uncomfortable with silence.

When you're alone nobody's saying anything. There's nothing to do but there's worry, this lack of distraction, I'm left alone with myself and I want to get away from myself, I'm always wanting to get away from myself is why I go to the movies, it's why I read mystery stories that's why I go after the girls or anything that you do or get drunk or whatever.

I don't want to be with myself. I feel queer. So well why do you want to run away from yourself? What's so bad about what you want to forget? Why do you want to become?

because you are addicted to thoughts, it's a drug you take positive thinking but on and on and on so there's a difficulty about stopping that activity and you really have to stop it if you want to be seen because if I talk all the time I don't hear what anyone else has to say then I'll end up in the situation of having nothing to talk about.

And exactly the same way if I think all the time I won't have anything to think about except thoughts. So in order to have something to think about, there are times when you simply must stop thinking. Well, how do you do that?

The first rule is don't try to because if you do you will be like someone trying to make rough water smooth with a flat iron and all that will do will stir it up so in the same way as a muddy turbulent pool quiets itself when left alone you have to know how to leave your mind alone. It will quiet itself.