

Freedom from Thoughts

All of us are often distressed with our thoughts. If we ever peep into our minds we will find innumerable thoughts running here and there. Many of these thoughts trouble us; they make us unhappy and unnecessarily expend our energy. Is there any way to get rid of such thoughts? There is. The way one behaves with guests that are not welcome behave the same with your thoughts. As soon as an unwanted thought enters get alert, get aware. Examine it. Don't try to throw it out. Don't indulge it. Don't try to get friendly. Don't try to insult it. Just get nonchalant. If you behave with nonchalance with a guest, how long will he stay? For example, if an unwanted guest comes home and you continue to sit without paying any attention to him; become completely neutral as though you have nothing to do with him. His coming neither brings happiness to you nor does his leaving cause sadness. You neither welcome him nor do you ask him to leave. You basically don't give him any importance. The more the importance you give him the more he will continue to stay. However, if you just continue to sit and remain completely neutral to him then he himself will leave shortly.

Many a times our past disturbs us. Mistakes done in the past continue to trouble us. Who has not made mistakes in the past? Whose past is not hell? Everyone has committed some mistake or the other in the past due to greed and avarice. Don't dwell upon them. Nothing can be done about what has happened in the past. Therefore, as soon as we start to think about incidents from the past we must become cautious; become neutral/ dispirited with respect to them. Treat them as an unwelcome guest. Give no importance. They will start to leave; they won't find any room and space to linger on. Similarly if in the present you come across a thought that is contradictory to your goal; look at it with no interest; become neutral towards it. Don't try to increase your connection with it; don't fear and run from it. Slowly these thoughts which scare you, trouble you will stop to seek you. They will leave you; they will stop to affect you.

It must also be understood that the discomfort or trouble that you experience is due to your own notions, your own conceptions and not due to the person you think responsible for your problems. Therefore, don't bother about whether the person you think is troubling you is right or wrong. It could be that a person is wrong but due to your perceptions, your norms you think he is right. Therefore don't think about right or wrong. Just become neutral towards the person who is creating barriers for you. Then trouble that you are now facing will end. Don't fill yourself with anger, don't run away. If you run away then it will only increase the disorder. If you get angry then you will never get rid from it. Don't get friendly. Neither fall in love nor hate it. Just become completely neutral. This is the only way to get freedom; be it from unwanted thoughts or unwanted guests!

Guruji, Kurukshetra

(Originally in Hindi, Translated by Megha Navalgund)