

## MOUNTAIN CLIMBING

Judgments, condemning, jealousy, resentment, anger, fear, comparing, attachments, beliefs, need for authority, belief for inward security, dependency, fantasies, Finger tapping, dullness, anxiety, passivity, counting steps, brain music, repetition, casting dispersion, supple criticism w/ body language, generosity with a motive to gain, aggressiveness, justifying, defying, self pity, rationalizing, making excuses, revenge, deception, desires, believing, accepting, denying, abundant neurotic fears, pleasure, suppressing, egotism, envy, avoidance, running away, covering up, lighting up, backing down, passivity, derision, criticizing, partitioning the gods, damming the god's competing, the need to succeed, self absorption, vanity, greed, Varity in moods, self righteous indignation and on and on and I'm sure the reader could add to the list.

On any given average day of one's life and let's say it's a pretty good day with no particular up front mental issues or self generated stress and your work and relationships seem to be going well, have you ever noticed the continuous movement, the endless stream of thought of some of the things in the list above which you can identify with? At least you have noticed the steady stream of brain activity which is going on all the day long with little space between each thought and which most of us accept as normal. The brain is steadily putting out the content of it's conditioning, always it's past, in thought, feelings, moods and images. (exsorbs vast energy which prevents the flow of the extasey below which the word can never touch.)

All of this activity, with the exception of thought involving the mechanics of life, all this psychological activity is incomplete resulting

from past mental activity, past thinking and it is incomplete because it has never been followed through, it has never been watched, observed, never been investigated or seen to its root cause, which if this had been done, would have brought about understanding which produces a resolution, an ending of the particular conflict. This is not a concept, it is not a theory. This is a fact observable by one who has the interest.

Every incomplete transaction in the brain is destined to repeat itself over and over again until the matter is resolved or comes to an end due to damage from disease, or you complete your end game, and even that is not going to be the ending of it.

So the actual serious watching of this storm going on in the brain is the action of a sound mind, an intelligent and inquisitive meditative mind at work, in action, looking and attentive without making noise, even while driving a automobile, walking through a parking lot or raking the autumn leaves. When this chaotic contradictory self centered activity is challenged by a serious human being who is truly interested in self discovery, truly interested in the resolution of conflict and interested in having a smoother operating quiet brain, that challenging attitude will give birth to an energy which will support the inquire, and the attentiveness, the awareness necessary to carry out this inward demand to bring about a peaceful, self reliant awake life.

Here is something else which I would like to introduce In addition to all of the emotionally charged stuff. There is an aspect of thought another quality and quantity of daily brain activity which is not at all problematic and which I refer to as "The mechanics of Life". You have to know how to mail a letter, drive your car, and carry out the training

to do your job. This activity is not a concern to the meditative mind except on an occasion such as this.

Do pretend for the moment that you are in the office walking to the water cooler and suddenly there appears Mr. Jasper who just yesterday received the promotion you thought that you were sure to get. You suddenly start to feel what will be your conditioned response and in this case we will say resentment, so you instantly attend, you watch, you observe this attempted flow of resentment and maintain the observation until you see that the crisis is over. All this could take place in 15 seconds. So what has just happened.

The observation of this flow has prevented you from adding to it. Without any effort you have not permitted the resentment to flow which would have reinforced the resentment you already had, setting it up to be stronger the next time. You can watch this yourself, you can see this for yourself. The fact that this mild mutation has just occurred has taken some energy out of all other resentments both known and hidden in your stream (but you do not see this, and it does not matter that you do not know this), and you just have made a wonderful self discovery, you have learned from yourself, this action from a observation which took place in a timeless, me less, I less spot in consciousness. This is the action of mindfulness, the action of a mind in the meditative state. In that 15 seconds there was no time, there was no I recording the event which sends it back into the stream. There had been full awareness, free of time free of the I, free of the me.

In addition because your stream and the stream of all others are united, you have made a contribution to a more peaceful world. The

truth of this, you can find out for yourself, then it's yours, but you must do it or things will go on as they have been for the last 10,000 years.

Should you choose to live this way, looking watching attending , the content of your consciousness will gradually empty and the I, the ego, which is an absolute complete unmitigated illusion, an invention of thought, will start slipping away and in the gathering silence there could be bursts of ecstasy as one approaches the outer fringes of the once held mystery, and the growing realization that you are absolutely nothing, which you are , could ignite a level of fear unmanageable and so you live that to, you be that because at that moment that is what you are and watching it, in the stillness it to will fall away than you will know what the L . . . word means, you will know what the E . . . . . word means, you will know and see the simplicity of it all and remain living in this world of growing chaos always doing right action, constantly creating and impacting in a right and meaningful way.

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4/12/17

Traveling 4/14 to 4/21

Ps. I do not know why the  
Me appears and not my  
Name when I post. I filled  
The proper box w/ my name.  
Please send a E. Thank you. AA a



