

THE SECOND POST

A personal note: At the time when I was unexpectedly exposed to the silent mind I had no background at all regarding any of the subject matter discussed here or even meditation or philosophy. Then in an instant while walking through a parking lot to my automobile my brain without being induced by anything known to me stopped producing thought and then the silent mind started fully operating and continued to do so day and night for about 10 weeks.

I do not know how or why this event occurred to me, this thing which I call "The Gift". I have a weak theory about this but do not labor at it. When the ten weeks ended I can honestly say I did not know what meditation was. But what I did know is, what a meditative mind is. This is the reason why I do not have a special room or even intentionally sit down to meditate and never have. What I engage in is what I could call "The Grand Central Station of Meditation", that is a meditative mind in action in daily living because that is where all our relationships occur and our conditioning is constantly exposed to the possibility of a visible conflict with a mutative action as a result of meditative observation free of acceptance or denial, judging or naming, just looking, just watching, noticing, seeing, attending. The meaning of all these simple words are clear but what we do automatically is judge, name, and evaluate the result of this seeing action. This is our conditioning in action and visible. This is the stuff which has to be and can be dismantled through the action of the meditative mind. The simplicity of all this is what I find that many find so difficult to understand.

It is here when one can best be exposed to his background, to his conditioning and how he relates to everything which is happening. This brings to light and exposes the conditioning itself which we would like to be free of. Such freedom can come only at the instant of exposure, only in the actual living now where time does not operate. Time does not operate in the space between thoughts. If a item, say a spike of envy is missed due to inattention you cannot go back a second later and recapture it as it has slipped back into your personal stream. The event missed however will return because it remains in the mix of conditioned thought

and when it returns and it will return there will be a new spontaneous chance to observe it. The understanding of the condition with several silent observations gradually brings about freedom from that particular activity and the brain activity becomes slower than it was prior and as the space between thoughts becomes longer and larger as the result of observing the daily mental activity you then begin to see more and more and your energy will increase as well.

Freedom from all of your yesterdays which produce the miseries of today can only be established by facing the facts of yesterday as they appear in the window of the now of attention with a meditative mind. A meditative mind is a mind that is looking, that's all. Otherwise all of your yesterdays will continue right up to the grave and go beyond the grave.

Attention better than awareness (baggage).