



Guided Meditation
Belgium Retreat March 2012
Nillambe
Upul Gamage

THOUGHTS AND THINKING

Meditation about thoughts, thinking and emotions taking a very important role of the spiritual path - because seeds of the suffering are there. Seeds of peacefulness are there too.

Our mind is our enemy whenever we are suffering - and whenever we are peaceful, happy or joyful then our mind is our best friend.

Therefore better to look at the mind: better to understand the mind, if you are really looking for true change, true transformation.

Focus your attention to your mind and see what is the mind for you at the moment. If there is thinking happening - that is the mind for this moment. Look at the thinking - observe the thinking: just know what you are thinking.

Thinking is an action. It is an activity. We do it. We are thinking. 100 percent the thinking is depending on us. You are

responsible for your thinking because you have a choice to think or not to think. You can decide it.

But thoughts - they are not depending on us. They are coming without our intention. Therefore we don't know what will be the next thought. Thoughts - they are like sounds. Sounds are not depending on us - we just hear them. So there is nothing really to do with thoughts. Understanding is more than enough.

You can stop various things but there is no way to stop thoughts. Therefore learn to let thoughts come. Let thoughts come and let go of thinking.

Learn to let go of thinking while you are allowing thoughts to come. Many different thoughts are there but you are not taking any action.

You are completely relaxed

You are completely free and

You are not suffering any more