

A thought about
Thoughts and
The mechanism to deal with it.

We are all full of thoughts, but have you ever wondered what a thought is!! And how it works!!.

It is an experience of the past and also its coupled with the imagination of the future. It can be classified as good or happy thoughts and bad or sorrow thoughts. Our life is completely controlled by these thoughts. We mostly crave for happy thoughts and fight to get rid of the sorrow thoughts. For some it is just a fight, and for some it's a battle but for many it's a war.

A fight becomes a war depending on how much you are attached to a particular thought. It could be an event, combination of events, could be a person or many. Whatever it may be, the level of your attachment decides how badly it affects you. So how to deal with it? If eating an apple is allergic to you then simply stop eating it, that does not mean that you have to hate the apple or treat it to be your enemy. Likewise if some thought is bringing sorrow to you, you have to stop revisiting that thought.

For many it may not be simple as it sounds, because the thoughts are imbedded within you, it is imprisoned within you. Even though you have imprisoned the thought, actually it is you who have become the prisoner. By releasing it from its prison it is you who actually becomes relieved. When you are genuinely attached to an event, thing or a person you may feel that it is bad to let go of that thought. You may think that such an action may no longer make you the genuine person. This dilemma is actually a play of the mind which is known as maya. But actually it is not like that. You are what you are. Your genuineness never fades away just because you let go of that thing. But the maya leads you to believe to the contrary. It is actually the cleverness of the sorrow it makes you feel that way so that you are constantly kept under its clutch. And by keeping you under its clutch, it takes long and free residency within you and makes you its prisoner for ever.

So if you want to relieve yourself from sorrow, you got to **stop revisiting** the past, however good it may be or whatever the reason which makes you re visit, it does not matter. This action will not make you a bad person in any way. So if you want to move forward let the past be in the past.

Well, leaving all the above a side there is another stage to this, which is the second stage of understanding or even the final stage of understanding we may say. This is what the vedic philosophies speak about. But without practicing the above it is hard to realise the ultimate understanding which is:

DO NOT IDENTIFY YOURSELF WITH THE THOUGHTS.

Do you know what is meant by the above statement!! . Actually we all are at a state of bliss but we do not realise that. Instead we identify ourselves with either sorrow or happiness at all times. When we say that we are feeling sorrow, actually we have separated ourselves from the sorrow which affects us. Yes, it's true, the person actually becomes the observer of the feeling of sorrow, the feeling becomes an object, and **YOU** instead have become the **SUBJECT** which has observed the object. And this subject is nothing other than the **YOU** (which is the actual **YOU**). And which is never affected by any of the feelings, its free from all encumbrances.

So understanding this will help you move forward.