

## **Policing the mind**

The Buddhist understanding is that everything that arises automatically in the mind is based on delusion – at least everything that is not a blazing insight that takes us into samādhi and changes our lives forever. Because there is no wisdom, in its highest sense, that does not arise out of or lead to samādhi. Seen correctly this is not a negative view of the mind. What this means is that the potential of the practice is such that all this stuff ceases to arise in the mind – bliss. Also during the process of the practice, in terms of the automatic stuff coming up, there is no need to discriminate between one state of mind or another. We need only to watch carefully what we may be adding to it all in the present – are we winding it up or calming it down?

Bearing in mind the blindness of these states of mind, sometimes we need to be very gentle and sometimes we really need to draw the line.



I offer this for your reflection.

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