



The World Through Your Mind, by Amaro

The essence of all spiritual practice, in our human condition, is to learn to look beyond the sensory world, learn to abide beyond perception. One way that we can do this is to look upon life as something that flows through the mind. Rather than thinking of oneself as a person who is going places, consider these as images going through the mind. Right now we have the image of the meditation hall, Amaravati; this is what we can perceive. The sound of this voice; the feeling of sitting on a cushion; the sense of sight; see that all these things flow through the mind like a current. When Ajahn Sumedho went traveling recently he said he made the determination before he left that he wasn't going to go around the world, he was just going to let the world go through his mind. Afterwards he said the result was very peaceful: he went everywhere, saw everyone, did everything, but the sense of movement, of a person heading towards somewhere, was absent; there was stillness in its place. -- Ajahn Amaro

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