



Controlling the Mind

Control in itself is an illusion. In controlling you are being controlled, by the act of controlling.

I have always been intrigued by Human Perception, for years people have questioned, do you see the glass half full or half empty. Why don't we see it the same? Why not always half full and holding a strong/ positive outlook.

When things don't go to plan, the one thing we need more than anything is the support of SELF. Yes, the self. The world can turn against you, fail to see your position, discourage or empower... But most importantly you need yourself standing by YOU. In times of hardship or difficulty, is the self a supporter or protester?

You see, life doesn't get in the way, Our Thoughts do, leading to interpretations, beliefs, habits and eventually our IDENTITY.

In life we never get our circumstances, we get our interpretations! Habitual Thought patterns form and send us to the same place in a recurring cycle. But what if we could control the mind? The question millions have asked and would love to master.

Can I be the Master! The master of my mind? Control it?

Is the mind supposed to be enslaved to our command? Will that set us free and help us attain that blissful state? My experience down this journey was one of great realization.

Seek not to control the mind, attempt not to release the mind. Because in seeking we are always lost, and in releasing we declare entrapment. - Mark Dias

What place our attention on, we get, what we allow to rest in its flow state will flow. When I meditate, I seek not to control or release. I am present to observe and accept. Yes, the judging mind, the compassionate, the critique, the assessor or the monkey shows up. How do I control it? I don't. It's not of my making, so why should I control or release it? In time I learned to categorize my thoughts into just 2 columns; the first I call "interesting" the second I call "more interesting". Everything is interesting, the mind, its nature, its construction, ideas, perception and beliefs. My biggest problem was I attached to much importance to thought. The buddha quite rightly quoted;

The root of suffering is attachment

In controlling the mind, we are truly attached to controlling it. I learned to be present in the space between thoughts and judgment, analysis and critique. I found controlling the mind is no fun, not possible and a tedious process. I adopted the position of observation, non judgement and acceptance for the monkey mind that shows up.

Interesting... - Mark Dias

