

FOLLOW THAT THOUGHT

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Hell no, I won't go.

A little fun with thoughts. Flipping channels on the TV, looking for something to watch. It is the same thing with thoughts, which ones to follow? A lot of thoughts arise but are dropped, ignored, or somehow just vanish. Then there are the ones we choose to follow and even expand on, our favorite channels. After all, it is our train of thought.

When bad news strikes, we can lose our appetite for following thoughts and just let sleeping thoughts lie, so to speak, or even be repulsed by the very thought of thoughts.

When we ignore thoughts or are not tempted by them, what is it that we want to do instead? Where is it we want to go with the mind or in the mind rather than just sit and think? We can get tired of entertainment. Or are we just entertaining ourselves by not entertaining ourselves? Are we allowed to do nothing, to just "not think" and how do we do that? Is meditation the last refuge for the thoughtless? Just kidding.

And what about those of us trained to look not at the content of the thought, but right at the nature of the thought? We recognize the thought, not by its content, but by its nature. Looking at the nature of thoughts is our activity. Thoughts provide us with the opportunity to see their true nature. How kind!

TRANSPARENCY

Seeing thoughts,
Through to their nature,
I can see.

What would we do,
Without them.

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