

THOUGHTS
TO STOP
THINKING



P R A K A S H

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PRAKASH

Special thanks to my parents, Mike and Lenore,
and to Angie Szczypta, and Lynn Pigott.



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INTRODUCTION

Thoughts to Stop Thinking. The very title is absurd. It is contradictory, and yet, it is possible. It is possible to remove the thorn with a thorn. It is possible to stop thinking by simply holding to a single thought. And if the thought has no object, if the mind has nowhere to land, then, thinking stops.

It is also possible to enter through the backdoor, inquiring into the nature of the mind itself. These reflections have come out of such an inquiry. And it is my hope that they may encourage you to drop the mind and go beyond it. If they seem harsh it is only to remove any doubts and dissolve the excessive confidence that you have in your own mind.

It is best to approach this book not as an
intellectual but as an explorer.

FRAGMENTS

❁ Every thought that provides you with an identity, be it positive or negative, is a fragment of the ego or mind-made sense of self. Most of us are under the impression that if enough thoughts are accumulated, these can be pieced together resulting in self-knowledge. This approach is purely psychological. Just as gathering enough leaves can never produce a tree, gathering thoughts will never produce anything more than a self-aware ego.

The mind merely becoming aware of its fragments does not constitute Enlightenment. Enlightenment, Realization, Awakening, occurs when the source of thought is discovered and a consciousness beyond the mind emerges. When that occurs, one is released from the compulsion to understand one's thoughts in order to construct a sense of identity.

TELLING THE TRUTH

☸ Before you awaken, telling the truth is not admitting that you are depressed or that you are anxious or that you are lonely. It is admitting that you are depression, that you are anxiety, that you are loneliness. As you presently know yourself, you and misery are inseparable. But who or what knows that? Something or Someone is aware of the whole drama. That Awareness is the Truth.

INCONCEIVABLE

☸ There is no sense of self without the mind. Mind creates and re-creates it. Endlessly, the mind is accumulating and compiling. It would seem that through this ceaseless process of accumulating, the self would become richer, even more vast. The opposite is the case. It would seem that the more facts one is able to gather about oneself, the greater the Self-knowledge, but it is the reverse.


The more that is added, the more Truth is obscured. The more that is compiled, the more boundaries and limitations are imposed. Paradoxically, the more one builds, the smaller one becomes. When free of the mind, all limitations, boundaries, and definitions cease. Something is felt; nothing is felt. Something is known; nothing is known. This has to be experienced. It is inconceivable.

GREATEST DEFEAT

☸ Awareness is total. It takes in the whole of reality, manifest and unmanifest. It is aware of the breath and the source of the breath. It is aware of thought and the origin of thought. It is aware of the circumference and the center, objects as well as the Subject that perceives them.

The conscious mind is another story. Its awareness is always partial. Never is it aware of Awareness itself. When Awareness falls back upon itself and becomes aware of what it is, this is its greatest victory and the conscious mind's greatest defeat.

DROPPING IT

 It is not by stopping the mind but by dropping it that Truth is recognized to be omnipresent.

IDENTITY

❁ A religious experiences God and remains separate. He or she goes beyond the mind but remains identified with it. It is this difference alone that distinguishes a contemplative from a Buddha. It is this difference alone that determines if one is awake or asleep.

TRANSCENDENCE

⚙️ Transcendence is not rising above others but rising to equality.

AS A BUDDHA

☸ Thinking is an ability. Mind is an identity. If you could simply be aware with no mind, you would live as a Buddha. Instead, you have collected all of your thoughts together and said, “That’s me. That’s what I am.” Even with contradictory thoughts, you have done this. This identification with thinking is what creates mind.