

3. Experience the Noble Mind

Speaker: Prashant Kakoday – March 2013 – Cambridge, UK

We saw in an earlier discussion how we can improve the quality of our life. By creating attachments, and bondages in an unpredictable world, it is as if we self-inflict anxieties and disappointments out of nowhere. All of that is unnecessary. We have the option to have a different attitude. We have the option to be the detached observer.

Our mind functions a bit like ‘all or nothing’, that is, like a law used in physiology. If in our mind there is a little bit of poison, we lose all our happiness. For example, when a glass of milk has just a drop of poison in it, all the milk is spoiled. In the same way if you give a mind that is happy one drop of anger or one drop of anxiety, the mind is spoiled.

Through our life of attachments we give ourselves ‘a drop of poison’ from the outside world. And, it may be much more than just a drop. We spoil the mind without giving ourselves the chance to know our potential, that is, what it’s like to have a mind where there is zero poison, where there are no undercurrents of desires and anxieties. To have this mind permanently may be a process, but we can experiment with this mind right now. We always have the option to experiment and so know that mind where there is no drop of poison.

How? See this world with different glasses. What are these glasses? Let us call them the glasses of the detached observer. In spiritual language we would say soul consciousness. What is happening then? In this model, with these glasses, we see the whole of the physical world as a little theatre, as if it is a drama, and the observer is watching this theatre. The observer is invisible, non-physical; the observer is from a different world. Here we are trying to get a feel of the observer, to feel what it is like to be completely free and observe.

For such a person all that happened yesterday happened in a theatre and all that is happening, today is happening in a theatre. Theatre means that there is a story. He has no complaints about the story and he has no anxiety about the story. He knows everything as a script. He is not impressed with the props and the masks, he knows it is an entertainment in a theatre. At most he is curious to see what the next plot in the story is. He also knows the world beyond the story, and the world beyond the story is the real world for him.

In this model, the world beyond the story is subtle and eternal. The theatre has limits of time and is not subtle, it is gross. That is all. The person is aware of this subtle reality beyond the theatre, and, as a result, remains free. This understanding prevents him from creating attachments. This model helps him to experience a mind where there are zero drops of poison. This is a huge achievement. If we are talking about quality of life, then this is taking life to a very high level. Such a mind is free from sorrow.

Many things may happen in the theatre, but he has no complaints, no anxieties, no disappointments. His mind is free from any drop of poison, and so it experiences silent bliss. This mind experiences silent peace, supreme peace. This mind experiences contentment. It is a mind that can handle the ups and downs that happen in the theatre.

When anyone has such emotional stability he can think more clearly and is more useful. In fact, such a person is rich emotionally and rich in his head and is useful to others, useful to himself, useful all round. He does not run away from the theatre, from the world of action, he does not run away from anything. Hence the words '*detached involvement*'. He is free, but he is also free to come back into action. He may come back into his job, relationships, society and all that is happening. He has a rich inner life; that is his starting position. From there, he influences his outer life. In the other model, people rely on their outer life to create their inner life. Life outside is unpredictable, life changes constantly. In this model of the detached observer, he first makes his inner life rich and then he can influence the world around him.