



Remain an Observer

MERELY OBSERVE A REACTION OF YOURS
EVEN RETROSPECTIVELY WITHOUT JUDGING
AS RIGHT OR WRONG – IN THE COURSE
SUCH REACTION STOPS – IN SO MANY
BUDDHIST WORKSHOPS IT HAS BEEN PROVED
SUPPOSING I AM DANCING SINGING UNDER
A SHOWER BATH. SUDDENLY I SEE A
HOLE IN THE BATHROOM DOOR AND AN EYE
OBSERVING ME THROUGH IT – MY DANCING STOPS
ABRUPTLY. SO HERE. IF WE OBSERVE
CRITICALLY – THE REACTION TENDENCY GOES
AS IMPRESSION – VASANA – IN THE SUBCONSCIOUS
– SO AN IMPERSONAL OBSERVATION

JUST REMEMBER WHAT ALL HAPPENED –
THE OTHER PERSON TOLD THIS – I TOOK IT AS AN
INSULT – I WAS ANGRY – THAT IS ALL
WHETHER YOU THINK IT WAS CORRECT OR
NOT, PLEASANT OR UNPLEASANT – DO NOT
THINK ON THAT LINE AT ALL
THAT WILL BE JUDGING OR CRITICAL.
REMAIN AS IF IT HAPPENED TO SOMEBODY
AND YOU OBSERVED IT.

Merely observe a reaction of yours even retrospectively without judging as right or wrong – in due course such reaction stops – in so many Buddhist workshops it has been proved. Supposing I am dancing singing under a shower bath. Suddenly I see a hole in the bathroom door and an eye observing me through it – my dancing stops abruptly. So here. If we observe critically – this reaction tendency goes as impression – vasana – in the subconscious – so an impersonal observation.

Just remember what all happened, "The other person told this – I took it as an insult – I was angry." That is all. Whether you think it was correct or not, pleasant or unpleasant – do not think on that line at all. That will be judging or critical. Remain as if it happened to somebody and you observed it.