

**Watching the Thinker**

Mad men in the street talk incessantly or mutter to themselves;  
Well that is what normal people do but just not out loud.  
The Mind comments, speculates, judges, compares, complains,  
Likes or dislikes on recent, past or imaged future situations.

This soundtrack is accompanied by mental  
Movies with images of things going wrong or  
Negative outcome creating worry.  
You can free yourself with true liberation  
By watching it paying particular attention  
To its repetitive thought patterns.

When you listen and watch the show do  
Not judge or condemn it just impartially  
Observe or you will become trapped back into it.  
Then you will soon realize your own presence  
Is not a thought; because you have separated  
From the thoughts by watching them.

When you listen to a thought, you are not  
Aware only of the thought but also of yourself as  
The witness of that thought, and you enter  
A New Dimension of Consciousness-  
Your Conscious Presence, which is behind or  
beneath the thought that you are hearing.

Doing this, the thought loses its power over you and it subsides  
Because you no longer give it power by identifying with it  
Which is the Beginning of the End of Compulsive Thinking  
And you enter the Stillness of the Tao with No End to Its Depth.

**Commentary:**

The mind keeps talking continually like a soundtrack in your head. The mind comments, speculates, judges, compares, complains, likes or dislikes recent, past, or imaged future situations. This soundtrack is accompanied by mental movies with images of things going wrong or negative outcomes creating worry. You can free yourself with true liberation by watching it paying particular attention to its repetitive thought patterns. When you listen and watch the show, do not judge or condemn it, just impartially observe or you will become trapped in it. Then you will soon realize your own presence is not a thought; because you have separated from the thoughts by watching them. When you begin to witness thought, you enter a new dimension of consciousness which is beyond every thought you have ever heard. By witnessing thought, it loses its power over you and subsides because you no longer give it power by identifying with it, then you enter the stillness of the Tao with no end to its depth.

