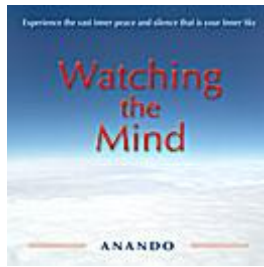


Mp3 Anando - Watching The Mind



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This guided visualization is designed to allow you to take some space from that constantly nagging mind. It gives you an experience of the vast inner peace and silence that is your inner sky. 1 MP3 Songs in this album (37:47) ! Related styles: SPOKEN WORD: With Music, NEW AGE: Self-Help People who are interested in Osho should consider this download. Details: WATCHING THE MIND This guided visualization is designed to allow you to take some space from that constantly nagging mind. It gives you an experience of the vast inner peace and silence that is your inner sky. From that space, it is possible to watch your thoughts, without being caught up in them. That gives you the chance to see problems that the mind has been chewing over, from a different perspective. The fact is that our thoughts have no reality outside of our mind they are just wandering vagrants which come and go, like clouds in the sky. The problem is that we get attached to these thoughts we cling on to them and think they are ours. And so we give them life our attention to them is what feeds them. Without our attention, thoughts would not live they would just fade away, like clouds disappear into the sky. Sometimes clouds build up into big storms, or become so thick that they cover the sky completely, and we can even forget there is a sky behind them. But eventually they always fade away, because they have no real substance. And then we see that the sky has always been there, pure and untouched. The sky remains the same always, no matter what floats through it. And it is the same with our inner sky it is a space in us that always remains untouched, undisturbed, no matter what thoughts or emotions float by. We can either have our attention on the thoughts, which is what we normally do, or we can move our attention to the vast space they are floating in and the purpose of this CD is to give you that experience. Touch your inner space, which is nothingness, as silent and empty as the sky ... it is your inner sky. Once you settle down in your inner sky, you have come home, and a great maturity arises in your actions, in your behavior. Then whatever you

do has grace in it. Then whatever you do is a poetry in itself. You live poetry; your walking becomes dancing, your silence becomes music. Osho.

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