

## Thought and Thinking

- Sri Bagavath

One aspirant once discussed with me about his problem.

He was working as a clerical staff, in a Government office. His superior officer once conducted a special meeting. While the meeting was in progress, unfortunately, his cell phone began to ring. He at once disconnected the call and afterwards switched off the phone itself. Anyhow the officer was very much angry with him. How could he attend the meeting without putting the cell phone in the silent mode? The officer accused him and transferred him to a far away place, as punishment. He got great mental agony. He felt that the mistake he committed was very little but the punishment, he was awarded, was too much. He struggled within himself thinking, how could the officer give him such a punishment, as if he had committed a serious offence. Since his agony persisted, he asked me whether there was any relief. We discussed.

The event which is giving agony, is already over. What we really have, is only the painful memory of the event. We do not like the event. Since the event has given us a shock, it also causes repeated thought about it. We have the thoughts about it unconsciously. We do not think about it consciously. We do not think about it willfully. The thoughts occur on their own. The thoughts renew our pain. The thoughts are real. The renewed pain is also real. But we are not bringing the thoughts. The occurrence of thoughts is not willful. It is automatic. It is natural. This is THOUGHT. It happens on its own. We are not responsible for it. There is no willful participation of ourselves.

After the occurrence of Thought, we begin to take part in our thought. We consciously evaluate the action taken by the officer. We think that the officer is not correct. "We should not leave him. We must teach him a lesson." – we consciously think like that. This is not Thought. This is THINKING.

If we think consciously, we develop a war within ourselves. Our thinking creates blood pressure. It disturbs our sleep. Then we also feel that our sleep itself is disturbed. It again complicates our thinking.

We do not consciously contribute anything to our Thought. But at the same time, we consciously contribute something to our Thinking. All thoughts happen on their own. The Thoughts happened on their own and the feelings or consciousness happened thereby, exist only for fraction of a second. As they appear on their own, they also disappear on their own.



Sri Bagavath

*"Liberation is not an Experience. It is rather the freedom from all our Experiences".*

- Sri Bagavath



But the case of Thinking is different. We create Thinking on our own. By our Thinking, we ourselves renew the Thought. We ourselves give life to the Thought before its disappearance.

The punishment, given to the aspirant, may be unreasonable. We may face it legally. We may prefer appeal over the order of transfer. They are external actions. We must do all the necessary remedial things externally. We have to think what we have to do externally. Otherwise we can not do anything externally.

There is nothing wrong if our thinking is related to our external action. But it is wrong if it is related to the events which is already over and if we think that the event should not have happened like this. If we think like that, it is the basic reason for all psychological problems. The thought about the event is natural. There is nothing wrong about it. They happen on their own. They happen unconsciously. Whatever happens on its own, will also disappear on its own. As the event is a kind of problem, it is natural for us to have repeated thoughts about it.

In the beginning we may have the thought for every five minutes. If we do not convert the Thought into Thinking, the force and the recurrence of thought will go down slowly. Then the thought may occur for every ten minutes. And afterwards the thought may happen for every thirty minutes. Then the thought about the event may happen or may not happen repeatedly. In the course of time, we may even forget the event itself. On the other hand, if we convert the thought into thinking, it will not disappear on its own. It may express itself as anger or it may settle within us as feud or vengeance. If it were the thought alone, it will never become vengeance. Vengeance is more dangerous than feelings. Feelings express itself and disappear. But the vengeance will not disappear so easily. It will wait for the time to take revenge.

If we think, 'I will not leave him', repeatedly, it is recorded and settled within ourselves as vengeance. The person who misbehaved, may be a great one, commanding a high status. Then it is impossible for us to take revenge upon him. This impossibility creates distrust, impotence and the attitude of failure within ourselves. The person who feels his impotence repeatedly, will become a psycho patient. In the same way, there may be the chance for him to become a controversial person or even a terrorist. All these happen only because of our Thinking.

We have to think for our external activities. Thinking can be within our control. It must be used for our external actions. We have to use our thinking properly and legitimately. We should not do anything hastily, without proper thinking. Concerning with the external activities, there are good and bad. There are higher and lower. There are useful and useless. We have to think correctly. It is our moral, social duty. Then only our actions will be correct. Then only our life will be successful. We have to take the utmost care in our thinking.

But the case of THOUGHT is quite different. There is no good and bad. There is no good thought and there is no bad thought. Thought is thought. There is no classification as good and bad.

Once a physician came with his wife for their problem. The cause for their sorrow is really a pitiable one. They lost their only son, few months ago. The physician said, "It is the greatest sorrow in our life that we lost our only child. Somehow or other I have compromised myself. But my wife can not get back from her sorrow. Her sorrow has begun to affect her physically and psychologically. We consulted even a psychiatrist, but it did not help her. How shall we have to approach our problem?" The problem really is not the death of their child. Externally it is so. But the problem really is in THOUGHT and THINKING. We have discussed with them about their problem.

"The loss of your child is really a great sorrow in your life. So it is inevitable for us to have repeated thoughts about it and to have a deep agony thereby. There is no problem, if it is mere thought and the feeling caused thereby. We will have the real problem when we convert the Thought into Thinking....

"The sorrowful thoughts happen naturally and unconsciously. We at once begin to justify our thoughts and sorrow. The loss of child is the greatest loss. As a parent it is our duty to have sorrow. It is our expression of homage to the disappeared child. It is unjust if we do not express sorrow.' – We justify our thought and sorrow. Thereby we convert the thought into thinking...

"Thereby we do consciously participate in our unconscious thoughts. We ourselves accept our sorrow. Anyhow the sorrow is painful. We also feel that the pain of sorrow is also unbearable. The blood pressure raises to a greater extent. We think that our body or mind may collapse at any time. Here also we allow the thought to take the roll of thinking. Thereby we do consciously give life to our unconscious thought and feeling...

"Thoughts happen on their own. Whatever happens on its own will disappear on its own. Thoughts and the feelings happened thereby will also disappear on their own. We need not do anything to set them right. They become powerful, when we convert them into Thinking. When we struggle with our thoughts and emotions, we give life and strength to our problems, instead of conquering it. The repeated failure to control our problem, gives us psychological depression. In its turn it creates various psychological diseases. If we understand what Thought is and what Thinking is and if we do not interfere with the free movement of thoughts and emotions all our problems will be powerless."

..... Thus we have discussed the problem of Thought and Thinking with the physician and his wife.

In the case of the physician, the problem is purely psychological. They can't do anything about the disappearance of their child. They have no external duty. But in the case of the Government staff, he has to do something externally to cancel his transfer order. There is some duty for him to think and so he has to think.

But we are not sure that we can control all our external problems. Yet we have to do the necessary and possible things to solve the external problems. To that extent, we have to use our thinking. Afterwards we should not indulge ourselves in thinking to solve the external problem. If we indulge in thinking to solve anything which nobody can solve, it is again a psychological problem. All our psychological problems are solved when we leave them unattended. ★

### —?கௌதி ஸ்கிஃட்—

**கௌவி :** நான் என்னுடைய தொழில்துறையில் முன்னேற்றம் அடைவதற்காக 'Positive Thought' என்ற சுய முன்னேற்ற வகுப்பில் கலந்துகொண்டேன். சுயமுன்னேற்ற வகுப்பில் கொடுத்த பயிற்சி முறைகளை முறையாக மேற்கொண்டேன். நல்ல முன்னேற்ற எண்ணத்திற்குப் பதிலாக எதிர்மறையான 'Negative Thought' எண்ணங்கள் தோன்றுகின்றன. என்ன செய்வது? இதன் இயக்க உண்மை என்ன?

**பதில் :** ஓர் அன்பர் தனக்கு ஏற்பட்ட அனுபவத்தை கூறினார். அவர் தொழில் துறையில் முன்னேற்றம் அடைவதற்காக சுயமுன்னேற்ற வகுப்பு (Positive Thought Approach) இல் கலந்து கொண்டார். அந்த வகுப்பில் சுயமுன்னேற்றத்திற்கான பயிற்சி முறைகள் கொடுக்கப்பட்டன. அதன்படி, நீங்கள் சொந்தமாக வீடு வாங்கிவிட்டதாகவும், கார் வாங்கிவிட்டதாகவும், உங்கள் தொழிலில் கோடிக்கணக்கில் பணம் சம்பாதித்துவிட்டதாகவும், மனதிற்கு தீரும்பத் தீரும்பச் சொல்லி மனதில் புதிய வைக்கவேண்டும். மேலும் உங்கள் அலுவலகத்தில் கண்களில் படும்படி நீங்கள் விரும்பிய 'பங்களா' படம் ஒன்றையும், உங்களுக்குத் தேவையான கார் படம் ஒன்றையும், தொழிலில் பணம் சம்பாதித்துவிட்டதுபோல் தோற்றமுடைய உங்களின் படம் ஒன்றையும் வைத்துக்கொள்ளவும் கூறப்பட்டது. இப்படி தொடர்ந்து மனதில் தீரும்பத் தீரும்பச் சொல்வதின் மூலமும், கண்களில் அடிக்கடி பார்ப்பதின் மூலமும் நாம் அந்தப் பொருளை அடைந்துவிடுவோம் எனக்கூறப்பட்டது.

அந்த அன்பரும், வகுப்பில் சொன்ன பயிற்சி முறைகளை முறையாக மேற்கொண்டார். சுயமுன்னேற்றக் கருத்துக்களை மனதில் புதிய வைத்தார். அலுவலகத்தில் தனக்குத் தேவையானவற்றை படத்தின் மூலமும் கண்களில் படும்படியும் வைத்துக்கொண்டார். தன்னுடைய தொழில் முதலில் ஓர் அளவிற்கு உயர்வு ஏற்பட்டது போல் தோன்றியது. நாடகச் செல்லச் செல்ல தன்னுடைய வாசகங்களைக் கண்டு தனக்கே பயம் ஏற்பட்டது. சுயமுன்னேற்ற எண்ணத்தை மனதில் மேலும் தீவிரமாக புதிய வைப்பதின் மூலம் நிச்சயம் நாம் உயர்வடைவோம் என நம்பிச் செயல்பட்டார். பயிற்சி நேரத்தில் மிகவும் நன்றாக இருந்தது. எப்படியும் மனதில் ஏற்படும் Negative Thought-ஊப் போக்க Positive Thought ஊ தீவிரமாக புதிய வைப்பதின் மூலம் நிச்சயமாக நமது மனதில் Positive Thought மட்டுமே நிரந்தரமாக இருந்துவிடும். அதற்குமேல் நமக்கு எந்த பிரச்சனையும் இருக்காது என நம்பி முயற்சிகளை மேற்கொண்டார்.

ஆனால் அவருக்கு பயிற்சியின் போது எந்த Negative thought-ம் இல்லை, மற்ற நேரங்களில் தோல்வி மணப்பான்மை, தேவையற்ற பயம், விரக்தி, எதிர்காலப்பயம், தூக்கமின்மை, மனம் அமைதியின்மை மேலும் உடல் நடுக்கம் வரை சென்றுவிட்டது. இப்போது அவருக்கு அவராக மனதில் புதியவைத்த Positive Thought எண்ணங்களை விட மன அமைதியை அடைந்ததால் போதும் என்ற நிலைக்கு வந்துவிட்டார். அந்த நிலையில் தான் அவர் நம்மத்தொடர்பு கொண்டார். அவருக்கு, பின் வருமாறு விளக்கம் கொடுக்கப்பட்டது.

நீங்கள் உங்கள் தொழிலில் முன்னேற்றமடைய வேண்டும் என்பது நியாயம் தான். அதற்கு உங்கள் தொழில்துறையைச் சேர்ந்த வல்லுள்ளர் மார் இருப்பார்கள். அவர்களின் தொழில் நுட்பத்தையும், உங்கள் தொழில் துறையின் வளர்ச்சிக்கான நவீன தொழில் நுட்பத்திற்கான வழிமுறைகளைக் கற்றுக்கொள்வதன் மூலமும், நமது தொழில்துறை அனுபவத்தையும் சேர்த்துக்கொள்ளவேண்டும். நம்முடைய தவறுகள் என்று நமக்கு நன்கு தெரிந்தவற்றை நீக்கி, வளர்ச்சிக்கான தகுதிகளைச் சேர்த்துக் கொள்வதன் மூலம் நாம் தொழிலில் துறையில் ஆண்டுக்கு ஆண்டு படிப்படியாக உயர்வடைவோம். திரைப்படத்தில் ஒரு பாடலில் பணக்காரனாக மாறுவது போல் நம்முடைய நடைமுறை வழிவழி எற்படாது.