

you are attached to your feelings
it is difficult to watch your feelings...your emotions...without attachment
because these are your emotions
you are identified with them
they are who you are...they move you
so watch the emotions...the subtle emotions...
silently...watchfully...
slowly slowly your emotions will start to settle
you are no more identified and attached to that emotion
what is becoming stronger in you is this diamond of watchfulness

you are engaged in thoughts...you are engaged in emotions
you were the thoughts...you were the emotions...
now you have started watching the thoughts and the emotions
and now you have become a watcher
the energy that was taken from you by the thoughts is no more with the thoughts
but it has become your watcher now
now there is a clear separation
here are the thoughts...i am watching
these are my emotions...i am watching
that watchfulness is your true nature
and slowly slowly you begin to watch the whole body
slowly slowly the watcher becomes so strong
that you are no more identified with the body
what have you done in this process ?
you are removing the diamond from the mud
the diamond is the watcher
you are the watcher...
from the mind to the body to the emotion
you have separated completely
and now you know that whenever it will fall
this crystallized watcher will continuously watch
removing the diamond from the mud

how can you do such an impossible task ?
watching your simple day to day life
each and every small act of yours
watch consciously
it is vast experience
the energy that was in the action is released
and becomes part of the watcher

it is like a magnet
once this magnet begins to work it is a simple knack
once this magnet of watchfulness begins to work in you
the source of energy comes back to you in everything you do...
you throw the energy in the action outward
but because you are empty and watching
the energy comes back to you
then thoughts do not drain you
emotions do not drain you
nothing can drain you
because the witness is connected with the whole
it is a source of power of this entire existence

just a simple understanding
how to go back to the source of energy
the same source of energy is moving in desire
the same source of energy is moving in thoughts
the same source of energy is moving in action
how to come back to the source again ?

one pulse of life in the source creates a ripple
the ripple moves to the heart
there arises a desire
the desire creates a thought
the thought creates an action
that is how you began the whole process