

the car needs petrol to drive
the mind is drawing energy from you
half mind half nomind
it is a good balance
when you need to use the body to do something functional
to speak...to communicate...to act
you need the mind
but becoming aware that speaking...acting...doing is not you
you are the watcher
watching the body...watching the emotion
it is a simple knack

meditation does not need the mind at all
dealing with mind means psychoanalysis or therapy or groups
i am not against mind at all
it is a beautiful mechanism
but how to use it like a master ?
how to switch it on when you want...off when you do not want...

if you are totally identified with the mind
you think that is the sum of you
body mind emotion is mind
mind is a collection of the body...the emotions...
the thoughts...the doings...
how to get rid of it ?
you cannot get rid of it !
you can transcend it !!

you can go to a layer above it...your mystical being
you have auras
you have an etheric body
you have a soul...the being
the being has to be the master
this body mind just a good functional servant

the witness will become stronger
even the body mind will become more alert
because when you switch it on...it will be clarity
when you switch it off...it will be in deep relaxation
but you have to understand from the beginning
you cannot deal with a shadow
you are light !
recognizing it the shadow disappears...

this is one of the most beautiful stories of osho
someone went to complain to the sun
that hello my friend you are the king of the universe...
you are the sun and this darkness is haunting me
and giving me much trouble
i cannot sleep anymore...i cannot rest...
wherever i go this darkness is attacking me
please can you get rid of this darkness for me ?
the sun said no problem
i go and help you any way you want
just take me and show me where darkness is
so he take the sun to show him darkness
but wherever they took the sun...there was no darkness
the sun says...where is darkness ?
show me i will solve it !

that is why the zen masters say...there is nomind
he says your mind is simply illusion
you are living in illusion
live in the light and show me the mind...
bring it here...this instant...i will remove it !
and how does he remove it ?
just one hit on the head and the mind stops
and he says...where is it now ?