

# Stop Worrying & Start Living

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## Overview

**Many** physical problems have its root in the mind. Unfortunately we are unable to recognise and understand when it begins in the root. The psychological problems activate the Endocrine glands through the nervous system, there by the chemicals are induced into blood, and manifest themselves into physical problems. The reason why many of our diseases do not have complete cure is that, the treatment is given to the **effect** in the body but not to the **cause** in the mind.

The manure is to be given to the root (is unseen) of any tree (seen) for its healthy and fruitful functioning.

**MIND** is the **ROOT** and **BODY** is the **TREE**.

**MIND** is the **software** and the **BODY** is the **hardware**.

The Clarity, Courage and Confidence in all parts of your life flowers without any struggle from our side. We can reach the highest efficiency and effectiveness possible and will be free from worries forever. The liberation happens in our system is priceless.

No practice of yoga, meditation or any other technique required to liberate yourself from these problems. Just intellectual (Logical) understanding is sufficient to begin the healing processes within our system (mind and body) and problems vanish in due course.

Being a soft skill trainer I have had the opportunity to interact with many people from different walks of life. Some of the main challenges thrown up by the present day of life as described by the participants are

1. Painful memories (WORRY).
2. Blood Pressure (BP) and heart diseases
3. Love failure
4. SLEEP disturbed - Insomnia
5. Suicide tendencies
6. Lust
7. Addiction etc

The simple understanding of mind, **Thought** and **Thinking**, not only eliminates the problems mentioned above but also restores the deteriorated physical health.

## What is worry

We need to analyse and accept that fact that Irrespective of countries, cultures, financial statuses, social statuses, age, experience, and anything else, we all have one thing common and that is worry.

The idea of EQUAL creates ALL problems. We are neither equal, nor have been created to achieve equality. We are UNIQUE. The fingerprint of every individual is unique and it does not match anybody in this world, the same way our mind also UNIQUE.

People have worries related to health, wealth, money, name, fame, status and many more. The problems may be due to someone married, other not married, two children, no children, not studying well, spouse, superior, and subordinates etc. If we try to list out the reasons for worries, it becomes endless. What is problematic for a person may not be the problem for others.

Worry is the inner CD (Compact Disk) with scratch constantly running and we are unable to come out of it. It is nothing but the painful memory of the completed events where we do not have power or role to play, because the past is already dead. If the past incidents were joyful, we think about them and cherish. Whether cherishing or worrying, thinking is the common aspect

between these two. Thinking will have much more impact on our psychological and physical system than the thoughts.

Sitting in the office and worrying we call it as **WORK**, sitting in the home and worrying we call it as **HOMEWORK**, sitting in the beach and worrying we call it as **VACATION**. Worry has become our nature, only the location changes.

## Topic: Subordinate and Boss

An employee attended a meeting without switching off his mobile which is against the rule of that organization. While the meeting is ongoing, his phone rang and immediately he switched off the mobile without attending the phone call. Unfortunately, his superior noticed this and transferred the employee to another location as a punishment for not switching off the mobile. The employee felt the punishment as too harsh, instead the superior might have warned, advised, or given a memo considering it as human error. The **thoughts** coming up again and again and he was unable to come out of problem. The employee felt insulted, angry, unable to sleep, and unable to take revenge.

He approached an Enlightened Master. Let us discuss and analysis in the form of dialogue between the **Master** and **Employee** to understand **THOUGHT** and **THINKING**. The solution provided by the **Master** not only resolves the subordinate and boss issue and **ALL** interrelationship problems (Husband & Wife) (Parents & Children) in our life.

### CONVERSATION BEGINS...

**Employee:** Master, how can I come out of this problem?

**Master:** The thoughts related to punishment is brought by you or it comes automatically?

**Employee:** I do not bring the thought; in fact, I do not want them; then why should I bring it?

**Master:** **THOUGHTS** are automatic process inside our system and nobody can bring a thought according to his will. There are many automatic functions within our system like heartbeat, breathing, liver function, kidney function etc. Thoughts are also one among them where we do not have control, either to bring or stop.

**Employee:** Do you mean to say, that the suffering will continue forever?

**Master:** No, it will disappear if you understand **THINKING**.

**Employee:** Can you explain the difference between thought and thinking?

**Master:** Any thought raises in our system is automatic and when we are aware of the thought, it is already **dead**, meaning **powerless**. If we take the thought (dead), we give life to it and making it as powerful. When we took the thought, **thought** becomes **thinking** which is in our hands, willful activity, and conscious action by us. If you do not take, it will disappear in few seconds.

We did not create these thoughts ourselves; they came on their own. These thoughts that came on their own will also die down on their own. Because the life time of each and every unconscious thought is just a fraction of a second only.

Your renewal to the thought is the PROBLEM.

**Employee:** What is meant by **RENEWAL**?

**Master:** When unconscious thought arises, you are riding on it and is renewal. There is still water in a vessel and somebody touches on top of the water, what will happen?

**Employee:** Ripples (waves) will be created in the water.

**Master:** Now to stop these ripples, Can we shake the vessel or again touch the water?

**Employee:** No, it will create more ripples.

**Master:** What should we do?

**Employee:** We should not do anything and need to wait for sometime to settle down.

**Master:** You are right. Again touching the water only, I call it as **RENEWAL**. In the case of mind, you renew the thought by your conscious involvement (thinking) and disturb the settling.

**Employee:** You mean, I should not convert into thinking and if there is thinking, I should drop it.

**Master:** Yes, thoughts are as if smoke coming out of incense and they vanish automatically within a fraction of a second. Once converted into thinking, it revolves around us and we need to come out or get down of it. Now, you have to step back, drop your contribution and allow it to flow naturally.

**Employee:** How do I believe that they disappear within a fraction of second?

**Master:** Neither Doubt nor faith will help us. You can check in your life.

**Master:** How many senses are there for a human being?

**Employee:** Six.

**Master:** What are these senses and related organs?

**Employee:** Sound (Ears), touch(Body), Light(Eyes), Taste(Tongue), Smell(Nose) and Mind.

**Master:** You are right and mind is also working like all other senses.

**Employee:** I do not understand.

**Master:** Let us take an example related to tongue. You ate a sweet and the sweetness is felt by your tongue. How long the sweetness stay in the tongue.

**Employee:** Few seconds, and then the sweetness disappears.

**Master:** Do you remove the sweetness from the tongue?

**Employee:** No, it goes automatically.

**Master:** When you eat an item of bitterness (which you don't like), will it be the same?

**Employee:** Yes, it leaves from the tongue within few seconds.

**Master:** Whether sweet or bitter the tongue does its job perfectly. Unfortunately when there is bitterness, you try to remove the taste of bitterness is the problem. Is it possible to remove?

**Employee:** No.

**Master:** In the case of mind, when the experience is bad, you try to remove is the problem. If you do not involve, it simply disappears like how it happens in the case of tongue.

**Master:** Another example, a bird is singing and you hear a sound. It stopped singing, does the singing continue in your ears?

**Employee:** No. the sound disappears once the bird stopped singing.

**Master:** If you do not hear the sound, the ear has some problem. If the sound does not leave from ears, then also the ear has become faulty.

**Employee:** You mean after this understanding also thoughts will come?

**Master:** Yes, thoughts are not in our control at all. They come and disappear like all other senses. You need not to do anything to remove them. If required, we can use these thoughts to the external world by converting them into thinking.

**Employee:** External world?

**Master:** Without thoughts we cannot function in this world. Thoughts are there to help us to perform our duties in the physical (external) world.

**Employee:** Do my worries vanish immediately?

**Master:** Assume, now the frequency is ten Thoughts Per Second (TPS). It becomes 5TPS, then 1TPS, one thought in ten minutes etc and within few days it will disappear. The number of thoughts and disappearance is based on the Intensity of the problem in your life.

**Employee:** What is meant by Intensity?

**Master:** One-week problems may disappear in one hour, One month problems vanish in one day, One year problems may take one week to disappear etc

**Employee:** “**Do not convert any thoughts into thinking**” Can I follow the same approach for **ALL** problems come across in my life?

**Master:** Did you accept the transfer and decided to shift your location?

**Employee:** Yes.

**Master:** Then no need to convert the thoughts related to punishment into thinking.

**Employee:** I do not accept the punishment? Then.

**Master:** Then thinking is necessary like, can we approach the highest authority in the organization to cancel the transfer, whom to contact, whether legal approach is good etc.

Meaning when you want to act in the external world in connection with the thought, thinking is essential and you should think and do the right action.

**Employee:** Can you give another example?

**Master:** A newly purchased vehicle, not registered, not insured, and destroyed due to lightning. Naturally, we will be disturbed because of this, but we cannot do anything in the outer world for this, like complaining to police and claiming the insurance etc.

**Master:** If our vehicle is missing, then we should inform the police about the theft, inform the insurance agency etc. Where thinking is necessary and we should think and act. Once these activities (in the external world) are completed, then also thought regarding the theft may come and is inevitable but we need not to convert them into thinking later.

Whether we get back the vehicle or not, is not in our hands and the result may be positive or negative.

**Employee:** You mean, thoughts are automatic and we can convert them into thinking **only when there is work or action in the external world**. Otherwise, just leave IT.

**Master:** Yes, You are RIGHT.

**Employee:** Sometimes, by mistake, if my thought becomes thinking...

**Master:** By mistake, because of our habits pattern, if you are worrying (converted into thinking), the moment you realize, just get down and do not feel guilty because of it. Unconsciously if you have converted into thinking, you are not responsible for that.

**Employee:** Unconscious actions done by me where “**I am not responsible for that**”. How?

**Master:** You do not want to enter the a gate of someone’s house. Few people tied and thrown you inside that gate, which is not done by you. ALL your unconscious actions are exactly like this. Consciously you should not do it, that’s all.

**Employee:** I feel light.

**Master:** When the suffering (load on you) leaves your system, the lightness is felt. It is the confirmation that you have understood in the right way and the understanding will never leave out of your system and guide throughout life.

**Employee:** Thank you **MASTER**.

## Topic: Sleep Disturbed - Insomnia

Many people complain that they are unable to sleep in the night and the doctor says it as insomnia problem. They depend on sleeping drugs and becomes an addiction which further complicates their health.

Sleep is supposed to happen automatically when the body energy is exhausted due to our actions (physical work) in the outer world and not because of our will. Everyday we go through three states and they are Waking state, Dream state and Deep sleep. The more the time we spend in deep sleep state greater will be our physical health.

In deep sleep state, there are no thoughts but in waking state and dream state thoughts are there. In the dream state there is no possibility for us to convert the thought into thinking (logical), meaning the dream is not in our control and we just go along with the dream and experience as it happens.

Thoughts are not a problem for our sleep. Thinking alone is the enemy, makes the thoughts powerful and will delay our sleep. We need not to worry about the thoughts (whether wanted or unwanted, good or bad) occurring to us when we are lying down in the bed and they will get balanced on their own.

Avoid thinking while lying down in the bed. Whatever happened in the past may arise again in the form of thoughts. Thinking results in giving life to past incidents and creates conflicts within us.

We can make use of thoughts about the past incidents into thinking during actions to be performed in the outer world but not in bed. Action related thinking helps us, as an experience to perform our future actions in a better way.

As an example, someone cheated money from us and when we see that person, the thought raises which can be converted into thinking so that we can become cautious now.

But we should not run our office in bed and must dismiss all our external activities. Then, sleep will be natural.

When in bed, if any new or good (positive thought) idea comes and if you make it as thinking, then your sleep will be disturbed.

Some people get unwanted negative thoughts like

“Will my business fail?

“Will my family members suddenly fall sick?” etc

No need to convert them into positive thoughts; It is enough if we consider these thoughts as natural.

Positive thought and negative thought both are required for us to perform any action. Both accelerator and brake are needed for driving a car properly. Accelerator is equivalent to positive thoughts and Brake is equivalent to negative thoughts. Imagine if you drive the car without break...

If a business man has only positive thoughts such as his business will fetch only profits and not losses then he will be investing huge amount and any unexpected loss will destroy the whole carrier. Any business has its own ups and downs and the external world is not under our control.

If he had a negative thought, a small suspicion about possible losses in his business, he would have been more careful. He would have invested only whatever is necessary with appropriate precautions. All our thoughts are psychological. There is no need to classify them as positive and negative. Thoughts about possible losses in a business is indeed not a negative thought. In reality, it is a positive thought because it helps to regulate the investments in our business in a positive way.

Thinking such as – “How to get rid of negative thoughts? How do have only positive thoughts?” are actually negative.

These thinking instead of focusing on external actions, forces us to look back within ourselves where we have no work at all.

While walking the torch (thoughts) should be used to focus on the path (external) and not on our eyes (internal).

We can examine a thought, whether it is required for an external action or not during other times but not in the bed. As far as our psychological system is concerned, all thoughts are just thoughts, there is no need to classify them as positive or negative, good or bad, and take responsibility to refine them. By classifying the thought, your are not choosing suffering, **Choosing is suffering**. So there is no need to either hold on or drive away any thought.

We can classify thinking as good or bad and superior or inferior and necessary or unnecessary, beneficial or non-beneficial etc. according to their use in the external world depending on the actions they are being used for.

Thoughts are natural, so trying to take them under our control is **ignorance**. We should give complete freedom to all kinds of thoughts and allow them to appear and disappear on their own.

Have you watched the children that they do not hold any thought and convert them into thinking and they are very happy. Remember, we were also children once upon a time.

Making a choice on these thoughts by allowing some thoughts and rejecting some others alone is wrong. We should just understand this simple difference between what is thought and what is



thinking.

## Conclusion

If you free the thoughts, **YOU are** also free and **LIBERATED**.