

## **On Analysing Thought Streams**

The idea of ‘noting down’ thoughts is based on the need to deal, eventually, with the root causes of which the thoughts themselves are but symptoms – straws on the surface of the currents of desires.

To draw from your own examples of ‘absurd thoughts’:

- *Stemming from positive desire: ‘Looking forward to a weekend at the beach house with your friends.’*

- *Stemming from negative desire (fear): ‘The unpleasant job to be done at the office: confronting your assistant about her work ethic.’*

- *Responsibility worries: ‘Shopping list for your parents.’*

This helps to ‘de-fuse’ the particular thought stream. But one has to be ready to accept that one is frightened, insecure, inadequate, et cetera. We all are. And the way to overcome these things is not by boosting self-opinion, but by finding Him, the Self, the true centre who/which is firm and sure in its own nature – requiring no support. From there comes the courage to do the unpleasant things without being shaken by their unpleasantness. And because one has faced one’s fears, the thoughts that spring from them lose their compulsion. Similarly, the pleasant things cease to be compensations for the unpleasant, so that they can be enjoyed for themselves. Sometimes, of course, when the need to compensate is dropped, the ‘enjoyment’ is seen to be hollow.