

THE NEST OF YOUR MIND — NOT YOU, STOP MEDDLING! (LA003)

◀ Living Awareness ⇨  Video ▶  Audio ▶

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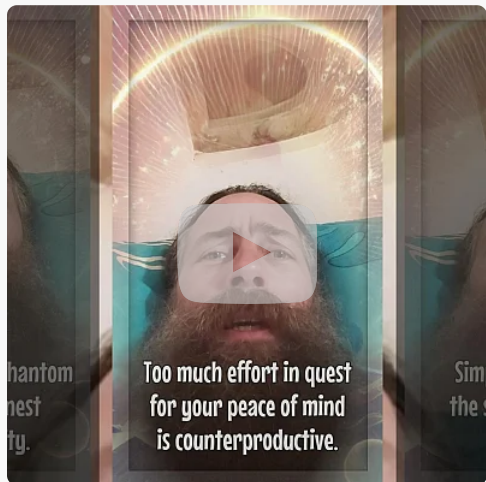
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Must! Hectic pursuit for your peace of mind!! Is unlikely to land you anywhere calm or lucid. Obsessed with tweaking and tuning your mental frame, wrestling it into shape — you simply stir your nest.



Your mind would be better off without your meddlings. No need to turn it into a basecamp for your identity. In constant change,

reflecting inner and outer stimuli, let it operate and settle without clingy self-investment.

Instead, rewind and seek the planes of awareness beyond. Consciousness independent of specific roles and framings. It exists – but all is veiled when you shackle yourself, building permanent identities into ever-changing reality.

*#LivingAwareness #PeaceOfMind #Identity #EverChanging
#NestOfID #FreeYourMind #SelfInquiry #NoSelf #AnandaICU*

❖ TABLE OF CONTENTS

¶ Chasing the Phantom – Your Preferred State of Mind ↴

¶ Inquiring Beyond the Flux of the Mind ↴

¶ You Yourself Break Your Mind – Let It Be ↴

You identify with the mind. You need it in a particular state and framing to feel satisfaction and happiness.

Chasing the Phantom – Your Preferred State of Mind

However, this mind of yours is forever pushed and pulled by the environment, forever reframed by the

churning and brewing of your internals. This shapeshifting phantom you turn into a nest for your identity. What do you expect? What will follow from that?

What follows is a perpetual chase, attempts to stabilize it into your preferred framing. Ever to be changed again by the external world, by your internal world, and in the process – friction, suffering.

Then be not a slave to your mental states, shackled, tied by your assertion of identity. Let the mind be, as it may. Today broad, tomorrow narrow. Today clear, tomorrow muddy – and forever changing in reflection to what it encounters. As it may happen – never mind.

Inquiring Beyond the Flux of the Mind

For there is awareness beyond the flux of the mind, and there is consciousness beyond the states of awareness. Then ever seek what is beyond – and when you discover the beyond, know that whatever is below it, is not you, is not your identity, is not your lasting self.

This simple progressive inquiry will lift you beyond the influence of the transiting states of your mind. It will

give you calm, it will give you freedom. It will even give you happiness that is independent of your particular framings.

But what then is there beyond? If I am not the shapes of my mind, should I let go of my identity as the mind that I am, or that I was – will I not be scattered, disintegrate? Well, if you find happiness and satisfaction being that mind of yours, then by all means at ease, no need to try to reach beyond.

But if you do reach beyond, prompted by dissatisfaction in your present state. See what comes – it will not be worse than what you have as it is. It may even be that your mind will be more at ease when you stop incessantly meddling with it, asserting your identity into something that is not yourself.

You Yourself Break Your Mind – Let It Be

It's not that the mind in itself is fundamentally problematic. It's simply an instrument of awareness, but it becomes broken when you incessantly meddle with it, try to turn it into something that it is not in nature's course.

Simply acknowledge the state of the mind – let it be. No need to tweak and tune all the time. It will settle in its own terms as you let it settle. Too much effort in quest for your peace of mind is counterproductive. Leave the wrestling, let it be – you will be more at peace.

In that peace, you will find clarity – and with that clarity, you will find peace. In that clarity and peace, in acknowledging "it is as it is", whatever that it is, let it be. If action is called for by the environment, then let it act as it must. You need not be there at the prime driver's seat, forgetting all the rest of what you are, and what you are not.

What you are not is a permanent entity with a fixed framing in a specific role. Let those be, let those operate unto themselves without establishing your nest in any of them. Be free.

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