

DON'T ALWAYS REACT — TAMING THE PLANES OF AWARENESS (PK002)

◀ Little Wanderer ✧ 📺 Video ▶ 🎵 Audio ▶

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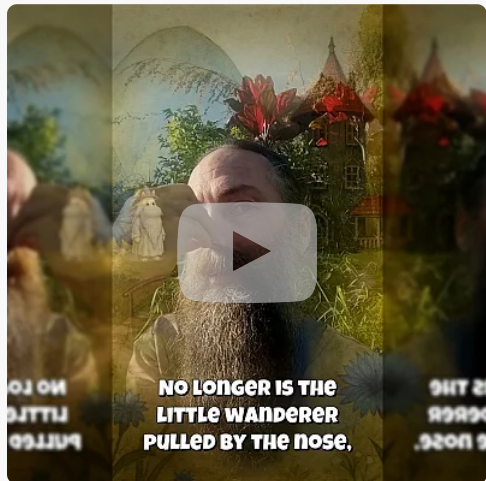
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Translated from Finnish source material. 🧸 You a shaky marionette? Getting upset over this and that? Stuffed and sighing with your stuff. Life keeps on rattling you. Bouncing silly day in and day out. No longer entertaining? So new legends from the foothills for Moomin people. Have a see?



🔊 Little wanderer takes a pause. Wondering and pondering. Many are the wonderful things in the world. Sure is puzzling. But life with its all has been given for us to be understood. Not for a wrestling ground or needless stress for your mind.

✨ If you can tame that habitual reactive tendency, freshness, clarity and peace grow in your awareness. Or then you keep on being rustled, we have free choice. But it's not a jolly life bellowing for a marionette.

🧘 Contemplate yourselves. Thrashing every plane of awareness. Gazing from the treetop, the world unfolds broader for you. Don't let the top rot away. It will rot with that reactivity. So if at some point we can get that reactive mind tamed yes.

*#PieniKulkija #Reactivity #Marionette #Conditioning
#Contemplation #FreeAwareness #PeaceOfMind #AnandaICU*

♪ **Many are the wonderful things in this world** ♪
Astonishes, makes wonder, the little wanderer. And the little wanderer, growing up, as the beard thickens having wondered enough, turns into a peculiar babbler like this. But as usual, let us continue our inquiries.

Today, of the little wanderer's tentacles of awareness, and into reactions. Phenomena in the journey of life rattle us in many ways. As discussed before, we have instincts, we have emotions, thoughts, and identity or self-conception. On each of these planes, reactions reign. That I wish, this I shun, that away and this into the pocket. So runs the highway of reactions in our cognition.

On the instinctual level, we have fear, hunger, lust, etc. And where these are purely physiological, bodily needs they do get fulfilled rather reflexively. But if we ruminate enough on the level of ideas, then even without an actual need, we grow tired, grow hungry, the ghosts in the closet are spooking us, and so on.

On the emotional level we are charmed and angered, plus and minus. Stimuli from the environment are evaluated as desirable and undesirable. With this, our path onward becomes conditioned.

Many kinds of ideas, concepts and models of thought, we take for a map of life, as the basis of cognition – and based on that, keep reacting to this and that. Without pausing to reflect, are these thought-models real, do

they correlate with the reality before us. Do we go by the formula, or contemplate what actually is.

And at the end of the road, it all weaves into identity, ego, our self-conception. If you're the bearded pine forest ponderer, or the wanton miss by the village road. If you're the business boss or a builder at the worksite rig. This we take as the basic formula, and then again react based on that, when others fail to recognize our role or subjective self-conception. All sorts of trouble follows, when you can't get over yourself, or what you assume you are.

So all of this — conditioning of our cognition, restrictions of consciousness. This whole stack of conditions, if you start deconstructing and gutting it, surely it's a fairly long road there. But no matter. Good road, long road.

Going by the short form, if we take a more precise lens, look directly at our tendency to react to everything we encounter. On any which-ever level. This reaction, if we can seize it, halt it for a mere instant, it yields for us a freedom of choice. No longer is the little wanderer pulled by the nose, to wherever the environment and society are going. We can ponder, choose, the wisest

way forward. This is ultimately the goal of all these babblings.

With this gear in the backpack, if we journey... Whoever that comes, says whatever good or ill, it matters not. Whatever that happens. Well stuff happens. Life goes on. We respond as necessary, but need not load the brain with lots of stress. Onward along with things, all as it is, without needlessly coating it with stuff from between our ears. In time, a certain freshness, lucidity, and peace follow. And our affairs will also run smoother, when we need not smear all sorts of unnecessary over what actually is.

So don't you human be too constipated with your own contents, take pressure over what pours into your cognition from the outside. Little wanderer takes a pause. Contemplates – what do we have here, really, and if we need to be rattled, or can be without rattling. Usually you can not rattle, and just move along down the road. Such are today's digs from the roots of the hill. Be well and be at peace.

 <https://ananda.icu/talks/pieni-kulkija/pk002-ala-aina-hotkyile-tajunnan-tasoja-taltuttamassa>