

# WATCH WITHOUT REACTING

SHRI MATAJI NIRMALA DEVI, ALIBAG, INDIA, 17 DECEMBER 1989 (EXCERPT PART 1)

In the West we have become very speedy, no doubt, and to bring down this speed we have to use meditative process, that we feel our peace within ourselves.

Also the thoughts are bombarding our minds and we react very fast to others and to these thoughts. So one has to be aware, one has to be knowing what is happening within yourself: That the thoughts are bombarding you. You are trying to ascend. And you find it very difficult to get rid of the thoughts.

The thought process can start by your conditioning or by your ego—only two problems. And you are the one who is under the challenge.

You have got these simple people in the village who start watching everything, but they do not react. If you do not react, then your thoughts will give up.

The first thing should be to watch yourself, that you are not reacting, but you are experiencing and enjoying the silence, the subtleties, the beauty, the glory of your

being, as well as whatever is around you.

You don't have to force yourself to break this habit. But just to be on the watch-out. It's not necessary to talk too much about it, also. Nor is it necessary to think about anything.

Because supposing you see a tree. So it's a tree only. What are we going to think about it? And whatever we may think about it, it's going to be the tree. So there's no harm in appearing little bit stupid, doesn't matter. But this is the basic thing, that when we start analyzing we are breaking our own nerves and poisoning our own mind and brain.

So to watch something without analysis, without thinking about it, is reality. If you can achieve that point, where you watch everything without reacting, you are in reality.

And then only the penetration into the subtleties of your surroundings, of your relationships, your friendships—the whole universe—dawns upon you.