
our good physical health and relatively good mental happiness and think that this is enough, then all the rest is not so important, in terms of outer objects like friends and material possessions. If we could reduce unnecessary thoughts and be content then that would bring us some peace and happiness.

We need to watch the mind constantly. If we recognise a thought we should analyse it and observe what it does to us. Certain thoughts are not beneficial, like delusions and fantasies, and they need to be overcome. Otherwise they can delude us and lead us away from our own reality. If you have a desire or a want that is impossible to achieve, then there is no use in even having that thought. In doing this practice of investigating your own mindstream or thought processes, you can talk to your mind and analyse whether what it wants to do is feasible or not, and whether this action will accomplish any good results or not. If the mind's thoughts can't be achieved and there is no result at the end, then say so to your mind. Being aware of your own mind overcomes useless patterns of thought and allows other, clearer states of mind which bring us a clearer knowledge of the truth of ourselves. Positive states of mind are the real treasure; they are like our inner jewel.

We'll finish the teaching for tonight and will now chant the Buddha's mantra. Sit in a comfortable posture and let go of all the wandering thoughts. As the mind stabilises inside begin to recite and focus on the mantra.

TAYATHA OM MUNI MUNI MAHA MUNAYE SOHA.

*Transcribed from the tapes by Jenny Brooks
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