

## LET YOUR WILD THOUGHTS GO UNANSWERED

That advice appears in many pith-dharma teachings and is right on-point. We are bombarded with a deluge of wild thoughts, any one of which we could easily follow and for a long time. Here the counsel is to NOT follow wild thoughts.

Sure, there are tiers of scary thoughts out there and, yes, they could conceivably be applied to us if we are the worrying type. We are not obligated to follow these wild thoughts out just to keep a check on ourselves or to make sure we are not straying to far from the fold, so to speak.

Following such thoughts endlessly as a worrywart is also a downfall, something to be resisted and not indulged. How much of our life do we want to spend in doubt? My guess is that most of us have already indulged that bad habit more than enough. We have doubted and have followed such doubts out until they are lost in the white-noise of life. And have still not come to any conclusion.

There comes a point where we have to have faith in ourselves and give confidence in ourselves at least equal time to the amount we squander on our doubts, our constant willingness to entertain doubts. Most of us have been there, done that, as they say.

And here the great Mahasiddas just come out and say it: "Don't follow after wild thoughts." You know whether you are susceptible to wild thoughts. I know I often (and still tend to) grant the errant thought credence which I should better reserve for my own sense of confidence in myself.

There comes a point when we just say "No" to entertaining every stray thought that pops up and don't assume they all have to refer to us and that each be followed out until the last dog dies.

I'm not saying to ignore the signs in our lives that flag us down to be examined. What I am saying is to have enough confidence in ourselves to spend at least equal time having confidence in ourselves as that we would spend in following out every scary thought to the bitter end to make sure we are not liable for it. Enough is enough. Stop the bleeding.

And, in dharma training, we need all our energy and especially our attention on the path in front of us and not on every side road that beckons. As mentioned the other day in my blog, my first dharma teacher used to say to me (and all the time): “Michael, if you spend all of your time in the sideshow, the main tent will be gone.” He was talking to me. LOL.

There is a time to worry and question ourselves and I am not saying we should not be vigilant. What I am saying is look to the right and left before you cross the street, but then just cross the street.” We don’t have to follow every wild thought that invites us to investigate it.

[Photo by me yesterday.]

“As Bodhicitta is so precious,  
May those without it now create it,  
May those who have it not destroy it,  
And may it ever grow and flourish”

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