

DEFAULT SETTINGS OF THE MIND

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How do you feel when there are no thoughts in your head? Someone who knows how to actively wipe away automatically generated thoughts will be able to tell you that it is a peaceful feeling – not an empty one. Does he feel useless or good for nothing? No – on the contrary he feels powerful, like one full of potential energy that he can will himself to use. He feels ready to think up something he has never thought before because the ability to wipe out the auto-run thought processes has set him free. He has as clean a slate as a new-born and the wealth of experience of an adult, and a quiver of skills honed by years of practice.

As he turns attention to his breath – it is sweet and invigorating, all the tissues, sinews and organs feel relaxed and comfortable. As he allows his senses to begin delivering inputs he finds that they provide a fresh perspective. He notices, hears and feels with heightened perception. He becomes more informed.

This is the default mode – fresh from Nature’s factory, this is how we come:

Peaceful

Powerful

Perceptive

Free

Content

We are dynamic living things, so we cannot have the luxury of staying in the factory fresh state. There is the toll of wear and tear, breakdowns and disturbance, but the deepest endeavor, often unconscious, is to return to resting default optimal settings. We sometimes despair that the optimal state of mind may be unattainable and too far away. Perhaps it will be reassuring to remember that Peaceful, Powerful, Perceptive, Free and Content is not something that we have to *become*, it is how we always were and *are* beneath the layers of auto-run thoughts that cloud our perception of the underlying fabric of our being.