

Conditioning

Can one loose conditioning? How would it be possible to be unconditioned if one is educated in a culture, in a tradition, in a language, which are always conditioning?

Think about it. One can be conditioned and unconditioned at the same time. An unconditioned mind sees conditioning in action, but is free from it, is not caught by it.

When you consider having a spiritual path to follow, and are setting a certain goal, you are creating a psychological conditioning. And the words you are using to describe it create a separate reality, including time, goals, paths to follow, etcetera. We are educated to think and communicate in words. Can you overcome such a conditioning habit? Yes, it is very simple:

- Watch the habit. Do not make a problem of it, just watch it.
- Observe it in others and in yourself
- Watch the conditioning power disappearing as you observe.

Asking 'how?' is misleading. There is no prescription. But there is always a way of talking about it, pointing to observation in the here and now.

Is meditation not a 'how?' Well, yes and no. The meditative mind is always with us, it is the mind in action. The thinking mind is always focused, identifying with something. This is so powerful that, when thinking, we miss the whole picture. We are led away from Reality, see only part of it.

You are more than the thinking mind. If you observe thinking and let it go by, you are conditioned and unconditioned at the same time. You are aware.