

Thoughts

Thought is using the mind as a tool, no different than a rake or a pen. The mind should be used when it is needed and put away when it is not needed.

The default for the mind should be the Mushin(無心) state, where the mind is settled and calm, like a glass of water with sediment at the bottom. The sediment should be settled at the bottom of the glass, not swirling through the water, making the water impure.

When the sediment is at the bottom of the glass, the water is pure. When the sediment is chaotic, when the mind is chaotic, the water is dirty and impure.

The settled mind is the Mushin(無心) mind.

Do not believe everything you think. The mind is chaotic unless you lead it. The mind is an effective follower of the spirit and an ineffective leader to the body and the spirit.

It is up to the wanderer to make their mind orderly, which makes their thoughts and emotions orderly.

Where one puts the mind

The mind is a tool that should be put away when not used. The mind plans, the spirit executes. When the spirit is executing, focus on your breath.

Use breathwork and meditation to "charge" your spirit and settle the sediment of the mind. This must occur anytime the mind is chaotic and impure.

The Zen philosopher Takuan Soho, who wrote [The Unfettered Mind](#) recommended placing the mind below the navel. The lower abdominal area is known as the Hara (腹, Tanden), considered the body's center of gravity and a focus point of balance and power, making it an ideal location to put the mind.

The wanderer must pursue purity of mind at all times.

Negative Thought

Thinking negatively about yourself is using the mind as a tool to hurt yourself, no different than hitting yourself in the head with a shovel or purposely stepping on a rake. If you wouldn't use the domain of body to hurt yourself, you shouldn't hurt yourself with the domain of mind.

When you think, you program your mind. When you think positively, you program your mind for success on the path. When you think negatively, you program your mind for failure or fear of the path, leading to a life without fulfillment.

Destroy negative thought by using your mind to give your body, mind, and spirit counsel. Then put the mind away when you are done.

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