

Identification Occurs via the Mind

Ted Schmidt

2016-10-02

Source: <http://www.shiningworld.com/site/satsang/read/2944>

Questioner: Hi, Ted.

Swami Dayananda says in *Day After Day with Swami Dayananda*, “Our problem is that we think that thought is I, which is correct, and also that ‘I’ is thought, which is incorrect. I erroneously identify with the thought and become sad and unhappy. The solution is recognizing that while thought is I, I am not thought.”

I think this is a bit difficult, for how can self be unhappy and sad? The body-mind or *buddhi*/intellect that identify with thought becomes a “slave of thought” if it identifies. But the pure self: How can that be identified? And how can that think it is thought? Does he mean the *jiva* in the second sentence you think as I? Is it not just the mind thinking it is the body, thoughts and feelings? But never the self that is always free. It cannot even think or identify, since it is actionless awareness.

Ted: Yes, your understanding is correct.