

ZIRAAT TEACHINGS

Self-Analysis

The birth of every purpose is when the purpose has become known. The moment one knows, "I am my mind", one begins to analyze what one's mind contains. If it contains error, one finds oneself in error; if it contains pain, one finds oneself sad; if it contains fear, one feels discomfort. If one finds an accumulation of desirable and undesirable impressions, thoughts that one likes and dislikes, one feels confused. To feel in one's mind thoughts that one cannot bear to think is like standing in the mud.

Finding one's imaginations undesirable and uncontrollable is like being in a forest among wild beasts who are not under one's control. To feel one's weaknesses and defects is like being in the wilderness where life is every moment in danger. All these are different roots that are to be found in the soil of the mind, and it needs "willpower" to uproot and cast them out.

The first work of the Plougher (or Adept) or seeker on the path is self-analysis. Once self-analysis is made, the human being has brought out from the soil of the mind all that was there onto the surface so that nothing either good or bad remains buried there.

Self-analysis is the first necessary process in cultivating the mind. It brings out all that was within onto the surface, open for inspection. In this manner, a person can judge oneself fully like Plougher who sees all that was buried under the ground when it is turned up in the furrow.

Nothing can give the Plougher greater pleasure than to see the results of one's efforts in bringing to the surface all that was buried and in feeling that one has thoroughly penetrated the ground and brought to the surface all that was hidden there.

Words of the Great Farmer - Ziraat Lesson Three
