

## Jean Klein: Who Am I? The Sacred Quest

*A controlled mind can never be free.*

Of all the book reflections related to certification process it was Jean Klein's book that was most difficult to read and write about. That was not so much of the content, but the structure (questions-answers). So much sighing and again and again deciding just to wade through the book. When I finally was at the end, I felt I had absolutely nothing in my mind, nothing to write about – even if the book was full of my own remarks. Then, I just opened the book randomly at the middle. I had underlined the sentence: ***A controlled mind can never be free.*** That's it! I found myself around the question that has been the heart of my own meditative inquiry for the past years.

In my work I often talk with people suffering from stress and sleeplessness or difficulty in concentrating. When they come first time to meditation class or treatment, they mention their hope, which is to learn how to control the mind. They want to get rid of those haunting thoughts that keep them awake at nights, keep them worrying and cause them anxiety. Many have learned that controlling the mind would be the solution – that their inability to concentrate or control the mind would be reason for their suffering. Klein's solution to freedom and mastery of thoughts is stillness. Mastery, nor freedom is not found in control. Stillness is freedom. Stillness, which is the home ground of all activity, home ground of all thoughts and all phenomena in mind and physical world. Opposite of control.

**How can we set us free, how to understand the stillness?** Klein's advice is to observe the moments when the thought comes to an end. Giving emphasis to these moments, the mind will fall into correct functioning: acting and resting when appropriate. Presence or stillness is not in the absence of thoughts or phenomena. Presence is the source and home ground of thought and no-thought, all activity, all movement. Movement is the nature of mind – one should not try to stop it as that would be against its' nature.

**The usual everyday thinking is often a process of memory.** Memory is something that we already know, by experience or by previous studies. This knowing from past, becomes originator to the next representation. This kind of thinking can be escape form wholeness, it is contracted and limited. In wholeness, there is thinking which freed from all personal and free from memory, there is thinking without thinker.

Klein also points out that **the creative thinking, new ideas, scientific discoveries and works of great art can only come out of stillness.** Stillness is the source of activity. Truly creative thinking is new, it is fresh and original. It is born and it dies in openness, in the moment itself. A creative mind is grounded in stillness. There is attention and welcoming everything that comes out from body, from senses and from imagination. The ideas, science or art that is born in stillness are also born from inquiry without prejudgements or conclusions. All elements of the situation are welcomed and therefore the situation can unfold in all directions. Later, with the mind as a vehicle, we can use rational thinking and memory for organising these ideas into useful patterns and practical solutions – bind this newness into already known.

*“Remember that the mind is only a vehicle. When we don't need our legs, we don't use them. Likewise, let the mind rest when not needed.”*