

An excerpt from The Sound of Silence by *Ajahn Sumedo*

From the chapter entitled “Don’t Take It Personally”

You’re aware of even your own compulsive attitude, “There’s something I’ve got to do.” You’re aware of that compulsive feeling, attitude or belief that you’re a person with a lot of faults and weaknesses, which is easy to believe as being honest and realistic. Then we think that in order to become an enlightened being we’ve got to get over these faults, get rid of them in some way, and become an Arhant. This is how the mind works. This way of thinking is often what we read into the scriptures. But with reflective awareness, you notice that such a way of thinking is something you’ve created in your mind. “I am a person with lots of faults and weaknesses, and I’ve got to practice hard to overcome them.” That’s something I’m creating in my mind. I’m creating that attitude. That’s not the truth. That which is aware of all this is the awakened state of being.