

# *ALBA White Board*

Day Retreat - 1 July 2023

*'The Obsessive Mind'*

Led by Martin Evans

## *Reflections*

Thank you friends for joining the retreat.

Please use the space below to share your reflections. The board will be cleared a week after the retreat. You may wish to put your name or leave it anonymously:

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There's an excellent online course from Tricycle about The Inner Critic. You have to pay for it but it's very rich. One teacher was a nun at Amaravati (Sister Kovida).

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Dear all

I was asked to give a link to the book of Ajahn Chah's similes.

I searched the internet and found this website. [DhammaTalks.net](http://DhammaTalks.net)

There are actually two books.

[A Tree in the Forest PART 1 by Ajahn Chah](#)

[A Tree in the Forest PART 2 by Ajahn Chah](#)

This is the simile I read out.

## Cobra

Mental activity is like a deadly, poisonous cobra. If we don't interfere with a cobra, it simply goes its own way. Even though it may be extremely poisonous, we are not affected by it. We don't go near it, or take hold of it, and so it doesn't bite us. The cobra does what is natural for a cobra to do. That's the way it is. If you are clever, you'll leave it alone. Likewise, you let be that which is not good - you let it be according to its own nature. You also let be that which is good. Don't grab at liking and disliking, just as you wouldn't grab at the cobra. One who is clever will have this kind of attitude towards the various moods that arise in his mind. When goodness arises, we let it be good. We understand its nature. In the same way, we let be the non-good. We let it be according to its nature. We don't take hold of it because we don't want anything. We don't want evil. We don't want good. We don't want heaviness or lightness, happiness or suffering. When our wanting is at an end, peace is firmly established.

With metta

Martin

Here is an article written by Ajahn Suctto about Unseating the Inner Tyrant.

<https://ajahnsucitto.org/articles/unseating-the-inner-tyrant/>

His book is available for free distribution at Amaravati and available for download by following this link.

<https://forestsangha.org/teachings/books/unseating-the-inner-tyrant?language=English>

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Thanks Martin, I had a good day.

James