

An Approach to a New Consciousness

In order to look, find or discover something new, we have to give our complete attention to the object or question under observation. A mind full of disturbing thoughts, fears, anxieties and prejudices is incapable of looking at, and understanding, the meaning and significance of anything. Such a mind will only see what it wants to see and hear what it wants to hear. In short, such a mind is incapable of seeing anything objectively—whatever it sees is its own projection. Every human mind is heavily conditioned by its own past background and the history of the last million years. Therefore to ‘see’ or look, conditioning must come to an end.

In the search for a way to end conditioning, many systems of meditation have come into existence. Any system of meditation must answer the following two questions:

1. Is it possible for a human mind to go beyond its conditioning—that is, to be free of its hopes, fears, longings and prejudices?
2. In going beyond its own conditioning, is it possible for such a mind to remain free of any new conditioning?

The first question is answered affirmatively by many systems which aim at providing a new conditioning in place of the old. But most systems fail to answer the second question. This question is very important, and unless it is answered correctly, the human