

## 11.3 Let Go of the “I”

This thought was on my mind just before awakening this morning.

It’s amazing how my mind works on autopilot.  
In fact, if I do not watch the present moment carefully,

I am nothing but a hazy shadow of my absent past  
or a pale mirage of the unreal future,  
both pushing me on to do this and that:  
to like, to dislike, to ignore,  
to think a thousand things.

I think I have really understood Buddhism: this is just a thought.

I think I have found the best meditation: this is just a thought.

I think I have the right teacher: this is just a thought.

I think others are wrong: this is just a thought.

I think I am successful: this is just a thought.

I think I am happy: this is just a thought.

I think I am not.

I think I am.

I think.

I.

It’s time to let go of the I.