



## Rediscovering a Part of Our True Mind

Within every human being—whether saint or ordinary—there are two streams flowing side by side: one is the ever-changing stream of consciousness with craving, anger, and delusion; the other is a silent, still stream called the True Mind—pure, wordless, and unconditional.

Most of us grow up immersed in the world of illusions. We become familiar with reacting, with emotions and desires. We know when we are angry, sad, happy, or afraid... but rarely do we realize that behind all these movements, there is a part of us that has never been wounded, never changed—that is the True Mind.

Spiritual practice is not about forcing ourselves to erase or fight against craving, anger, or delusion—for the more we fight them, the stronger they become. Instead, we gently return, settle down, and recognize that inner clarity. When the True Mind is recognized, the restless mind naturally calms. No force. No struggle. Just a return—like clouds dissolving to reveal the open sky.

We don't need to become someone else. We only need to rediscover the forgotten half of ourselves—the silent yet vibrant, invisible yet ever-present part. This rediscovery does not come through reasoning, but through stillness, through direct experience in each breath, each step.

### Recognizing the Unchanging Mind

Whether we are awake, dreaming, or in dreamless sleep—there is a silent presence that never leaves us. A knowing without form, without words, without condition. That is the Unchanging Mind.

It is not swept away by joy or sorrow, gain or loss, stress or unease. It remains clear, still, and whole—like the vast sky unstained by passing clouds.

The point is not to create peace of mind, but to pause deeply enough to recognize that peace is already here. When we pause with enough depth, we will see: even amidst fear or suffering, there remains a quiet space untouched by turmoil.

That is our true refuge. A vision not conditioned by anything. A light that has never gone out—it's just that we haven't looked back to see it.

### Practice Is Not Dependent on Pleasant or Difficult Circumstances

Many believe that to practice, we need a peaceful environment and favorable conditions. But whether the situation is pleasant or difficult, it doesn't truly matter. What matters is whether the seeing within us is clear.

True peace doesn't come from avoidance—it comes from clear seeing. Seeing clearly without reacting. Recognizing without identifying. Like someone standing on the riverbank, simply watching the water flow—not jumping in, not being swept away.

It is often through hardship that we discover our deepest layers of reactivity. And it is in ease and comfort that we are most likely to fall into unconscious sleep. Both are equally precious—if we know how to use them to return.

So don't seek only favorable conditions for practice. Don't fear adversity either. Seek the stillness within ourselves—the stillness that is undisturbed by anything outside. When we finally recognize it, we'll see: the True Mind has never left us—it was only forgotten.

## Conclusion

Practice is not about going anywhere, searching for something, or becoming a more perfect person.

Practice is about returning.

It is the recognition of what has always been here.

It is living from that silent place in the midst of a moving world.

The True Mind is not far, not hiding, and it doesn't require any conditions.

It is here—when we breathe, when we see, and when we stop seeking.

And when we truly recognize that Mind, we understand:

There is nothing to fix.

Nothing to add.

Just to see clearly—and rest in that seeing.

## Guided Meditation: Returning to the True Mind

Take a few minutes.

Sit quietly.

No need to try to meditate.

Just sit.

Let go of all goals, all intentions.

Allow everything inside you to be exactly as it is.  
Emotions may still be there.  
Thoughts may still arise.  
It's okay.

Now, gently turn your attention inward.  
There is nothing to search for.  
Just sense the presence that is aware.

Feel the one who is looking through these eyes—  
Silent. Wordless. Uninterfering.

Stay with that knowing.  
Don't do anything.  
Don't try to understand.  
Just remain... as if...

A vast open space.  
A still and unmoving presence.  
A wordless light.

This is the True Mind.  
It was never born, and it never dies.  
And you—beneath all roles and stories—are That.

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