

Mind Chatter

by Liz Gibbons

“Shut up. Can’t you be still?” Bob shouted at himself. “I have to finish this report.” Shaking his head from side to side to clear his mind, he returned his attention to his computer screen. A message popped up: “Would you like to talk with God? Click here to connect.” “What a crazy message,” he thought. “How can you chat with God on the internet?” But curiosity got the best of him, and he clicked the link.

“Hello, Bob. This is God. How may I be of service?”

“God, where is the off button for my mind chatter? My mind won’t be quiet. It goes night and day. I ruminate on events in my past or on fears of my future. I can’t concentrate enough to accomplish my tasks efficiently during my day. How do I turn it off?”

“Just breathe,” God advised.

“I am breathing. I couldn’t live if I wasn’t breathing.”

“Of course you are. You’re doing it automatically. You’re not really aware of it. Just watch your breath as you breathe. “

“That’s crazy,” said Bob.

“Just try it and call me in the morning.”

Bob sat there disgusted. “I sure was taken,” he thought. “At least it was free. Well, let’s give it a try.” He sat breathing but kept telling himself, “This isn’t helping. What a waste of time. How dumb can I be to fall for this?” Yet, he continued. Was it just his imagination or was his mind calming down?

The next morning he hesitated to call God again. But he decided there was nothing to lose by doing so. He clicked the God link again.

“Good morning, Bob. How are you this morning?”

“God, it seems a waste of time to sit and watch my breath. It seems dumb. There has to be an easier way to silence the mind chatter?”

God replied, “Bob, you forget one of the tenants that I advise.”

“What’s that?”

“Don’t judge. Everything just is. Your judging it is interfering with the process. You humans tend to judge everything as good or bad, right or wrong. Let thoughts pass through you and just observe.”

“But, but ... God, it would have made it a lot easier if you had given us an owner’s manual.” Bob said.

“There is an owner’s manual, but it’s not like a manual you get when you purchase a washing machine.”

“Aw, come on. Where is this owner’s manual?”

“It’s in various spiritual writings. You have to be discerning sometimes to catch the teaching. But the pure teachings are your guide,” God told him.

“Okay, I think I’m beginning to get it a bit. I just breathe and observe my breath and don’t judge. I’ll try that today and talk to you tomorrow if that’s okay with you.”

“Sure, Bob, I’m always available.”

The next day Bob excitedly reported his progress. “By keeping focused on my breathing I was able to clear my mind for longer periods. And I realized that I was identifying myself as my thoughts and feelings. But I need to know how to apply this when I have tasks to accomplish.”

“Just focus on the task.”

Bob pondered this for a moment. “So I guess that would keep me in present time and decrease the mind chatter. Right?”

“Yes, Bob. What helps is to keep reminding yourself to be right here, right now.”

“That makes sense. Thanks for your help, God.”