



Today, we are going to explore the mind. The mind is a producer. It produces time: the past, the present, and the future. Time is a product of the mind. This means the past is a product of your mind. The past is a concept. The future is also a product of your mind, it is also a concept. The present is a product of the mind also, it is also a concept. Your mind produces space. The space between you and me, that is a product of mind. I am a product of your mind and you yourself are also a product of your mind. So the mind is the producer of your image and the mind is also the producer of the images around you. The mind is a producer of separation between you and your environment.

I would like to make a clear distinction between intelligence and wisdom. Intelligence is the capacity to clearly recognize the concepts and the objects in and around you as separate entities. This is an apple, this is an orange; an orange is not an apple. When you recognize the difference between an apple and an orange you are using your intelligence. Wisdom is not the same. Wisdom is a capacity to see an apple in an orange. No separation. So, all the artificial intelligence belongs to the field of intelligence. We become smarter every day thanks to the development of artificial intelligence, but we don't become wiser. To become wise we need wisdom. You can practice to get in touch with your wisdom, and listening with empathy is such a practice.

You listen to the other with a clear mind. What is a clear mind? A clear mind is when you are free from all the ideas or concepts as products of your mind. You sit and you listen in such a way that your mind is empty of all ideas. An idea is a wrong perception about a certain object. Your idea about yourself is a wrong perception about yourself. Your idea about other people is a wrong perception about them. When you're able to recognize that all ideas are all wrong perceptions, you're able to let go of ideas. When you are listening to the other person, you listen to him with a lot of space in yourself. You can do a practice when you're listening like that. "Breathing in, I feel the space in me. Breathing out, I'm happy that I have a lot of space in me. Breathing in, I am space. [Sound of a bell ringing.] Breathing out, I am free. Breathing in, I am space. Breathing out, I am free."

You are so free that you don't have any idea about the other person. Even if he is your husband, even if she is your wife, even if he is your child, you listen to the other without any idea about him or about her. You're very curious. You're very open minded. And you follow your breath while you're listening. And you ask questions, as if you don't know him or her at all and you really want to understand him or her deeply. When you understand him, when you listen to him and you understand him, it means you understand yourself.



You listen to him in such a way that you can help him because when you listen with such freedom, such a space, you're helping him a lot. Because at that moment, you are not caught by the illusions produced by the mind. Remember, the mind produces the past, present, and future. The teaching of the Buddha is a teaching about a character. It means you're free from the concept of time, free from the concept of space. You're free from all. You listen to another and you're listening to yourself. Who are you? You don't know who you are. Who is the other person? You don't know who he is. You do want to know more about him and yourself.

The energy of wisdom and compassion is very supportive energy. This energy helps you to be very awake when you're listening. You don't judge when you're listening, that's important. You don't judge. You don't say, "Oh that is very bad," or "That is very good." You're very curious. "What happened? What happened? Please tell me more about yourself. Please tell us more about your past. Please tell me more about your present. Please tell me more about your future." And together, you look at the past without any judgment.

Maybe the person you're talking to has an idea about his past and he suffers because of his idea about his past. But thanks to your questions and your presence, you look together with him to the past with nonjudgment, and for the first time he is able to see his past in a different way. With this fresh vision, his idea about the past changes, everything will change, because we are interconnected. His vision about his future will change and his vision about his present will change. The present is not fixed, the present is an idea. When the present is a reality, it is connected with the past in the future. You cannot cut off the past and future and you only have the present. It's not possible. Some people think that's possible, but it's not. When you understand the nature of the workings of your mind, you will discover that that's not possible because time is a product of your mind.

Space is also a product of your mind. Listening with empathy means you listen without mind. Interesting. This is possible. When you are not caught by the ideas of your mind, you're able to let go of the ideas of the mind. When your mind is empty, when it's free, you will see there is no separation at all between you and the other person. You are the other. To listen in this way nourishes your wisdom. It nourishes your compassion. Listening in this way is a great support to the person you're listening to, to talk, to explore. We need understanding. We need wisdom. Where can you find that wisdom? Wisdom is in each of us. What covers our wisdom? Our mind, our consciousness. We don't see our wisdom because we are covered by the ideas produced by our mind, by our consciousness, by our ideas about space, by our ideas about time. It's possible to be free from these ideas. You must have a deep self-confidence and trust you that you can be free from these ideas. To me, it is very clear you can do that. To me, the other person can do that.



If you sit there and you're free from all your own ideas, he'll be free from his ideas too. You listen to him with freedom and he will talk to you with freedom, with insight, with wisdom.

When you listen with empathy, there is no listener. You are empty. When your mind is empty then there is no listener. There is no distinction between you and the person who is talking; you and him become one. When you listen like that for 20 minutes you can change his life and you can change your life too. 20 minutes. Do we have those 20 minutes to listen in this way? Listen to your child in this way for 20 minutes with such attention, such wisdom, no separation. Breathing in, you think "I am space," breathing out, you think "I am you." I am you when I'm listening. That is wisdom. You have wisdom and this wisdom to listen to your child for 20 minutes and you will see what will happen. A miracle. Just 20 minutes to be there for your beloved one, to listen to your beloved one. Listen with empathy. You can do that. I trust you.