

The Ultimate Truth About Thoughts

There is an attitude pervading the nondual/spiritual awakening/meditation/etc. world, including among very advanced practitioners, about thoughts as adversaries or obstacles or distractions: “Don’t believe your thoughts,” “Thoughts are unreal, just watch them arise and pass away and don’t give importance to them” “Give up the stories behind your thoughts,” “You are not your thoughts,” etc.

Such an attitude can be helpful in allowing us to let go our strong identification with thoughts, stepping back and being able to observe thoughts without being unnecessarily swept up by them. That attitude can be useful but it is not the ultimate truth about thoughts.

The ultimate truth is, your thoughts are perfect. Your thoughts are leading you to exactly the places you need to go. Some of those may be places that need healing, in which case you may be experiencing negative or even self-destructive thoughts. Fine. What is the discomfort associated with those negative or self-destructive thoughts trying to warn you about? What are they trying to lead you away from? What better situation are they trying to guide you toward?

Ultimately, your thoughts are part of God’s thoughts and through the agency of your own thoughts you are participating in the mind of God. With discernment, patience and attention, you may eventually be able to see clearly the perfection of your own thoughts, even including those occasions when you become overwhelmed and do get swept up in them.

As it becomes clear that thoughts are in fact part of the divine play, part of God’s own perfection, then not only do they become more deeply meaningful, they become more and more interesting and entertaining, more and more satisfying, more and more fun. And they become more and more powerful in their ability to create transformation in ourselves and bring change to the things around us that we are motivated to support and facilitate.

It is important to remember that acquired attitudes toward thoughts and other aspects of our experience are themselves conditionings and obstacles. Those conditionings will need to be released before it will be possible to truly and deeply inhabit our own true nature.

Let go not only your thoughts, but let go whatever acquired judgments and attitudes you may have been superimposing on them.

And yes, of course thoughts are tools. Ultimately they are divine tools, tools of discovery and insight, of creation and transformation, to be employed with a sense of reverence and wonder. What an incredible thing it is, to be able by the agency of our own mind, through a contemplative engagement with our own thoughts, to discover and participate in the infinitely expansive, infinitely creative, perfect mind of the entire cosmos.

And of course, words inevitably fail. I’ve described this as “participating in the mind of God.” Those are only words. If they don’t suit you, exchange them for words that do. The underlying truth is beyond words.

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