

*200<sup>th</sup> Day*

*July 18<sup>th</sup>*

***A Restless Mind Gossips***

Why do people talk about one another?  
It only leads to endless, wasteful Gossip.  
Why do we want to know about others?  
And why are we so concerned about others?

Why do we have a desire to interfere with others,  
To know what others are doing and saying?  
Gossiping is a form of restlessness and a negative form  
Of sensationalism, which indicates a restless mind.

It is the very superficial mind that Gossips;  
It is the inquisitive mind, which is wrongly directed.  
The questioners seems to think that others will reveal themselves  
To them, by the fact that they concerned about them.

But how can we know others, if we do not know ourselves.  
How can we judge others, if we do not know the way of  
Our own thinking, the way we act or the way we behave?  
Are we just escaping ourselves with endless gossip about others?

Are we just running away from our problems by dealing with others?  
We all gossip and when we gossip it usually is to condemn others;  
So the next time you gossip about someone catch yourself and  
Smile inwardly stilling yourself in the Oneness of the Tao.

***Commentary:***

The restless mind creates wasteful gossip. What is so important to know about others and why are we so concerned to interfere with others? It is our restless mind. Gossiping is a form of restlessness and a negative form of sensationalism, which indicates a restless mind. It is the very superficial mind that gossips, it is the inquisitive mind which is wrongly directed. The questioners seems to think that others will reveal themselves to them, by the fact that they are concerned about them. But how can we know others, if we do not know ourselves. How can we judge others, if we do not know the way of our own thinking, the way we act or the way we behave? Are we just escaping ourselves with endless gossip about others? If you find yourself gossiping, just catch yourself and smile inwardly, centering yourself in oneness of the Tao.

