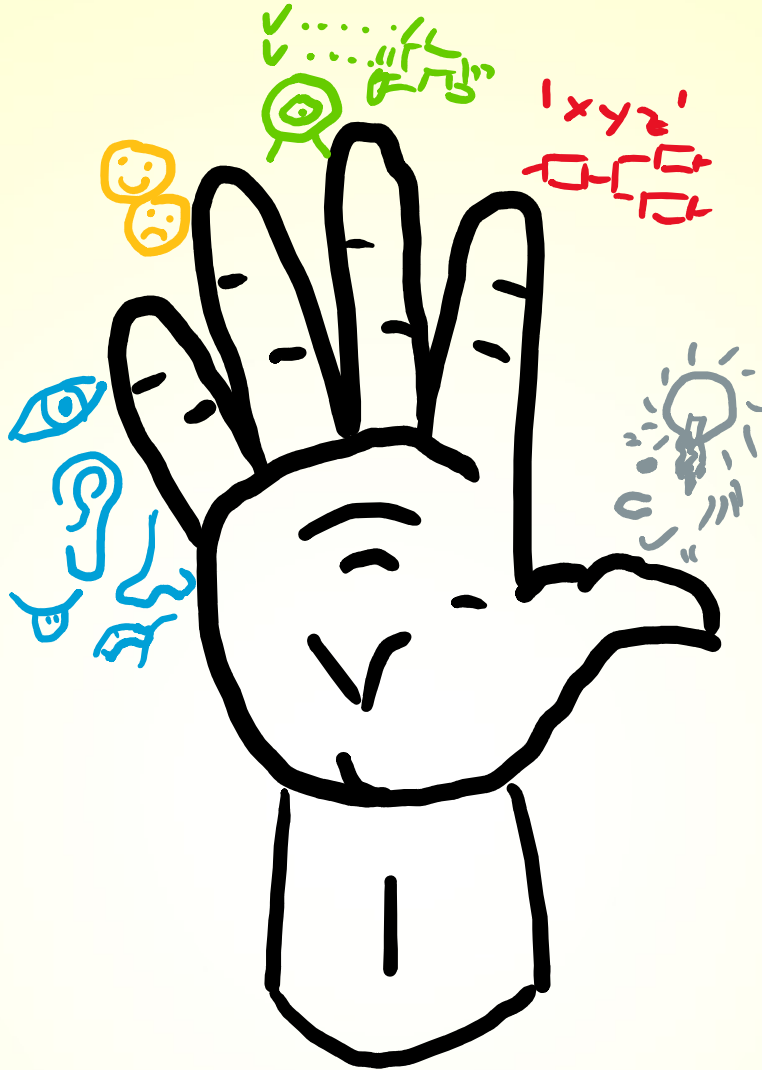


# Use your Mind Controller



Let your fingers represent mind functions. Pinky: see/hear/..., ring: like/not, middle: intend/act, index: discern/think, thumb: attend

## Use your Mind Controller

Look at your open right hand with each finger representing a core mind function. From the pinky, a new phenomenon first is sensed e.g., seen. Then ring feels it as neutral, liked or disliked. Middle usually follows with an immediate intention or bodily action. Only with delay, the index tries to make sense of it all and to influence liking or acting. Your thumb, the conscious attention is only involved sometimes. Use your hand like a mind controller to consciously observe and later influence the mind. Touch your pinky with your thumb to focus conscious attention on one specific act of seeing or hearing in this moment. Touch the ring finger to realize the immediate subtle or huge liking or disliking. Touch the middle finger to realize the evolving intentions and actions and touch the index finger to observe your thinking and sense making. Realize that if you can observe it, it is not you!

Nice Videos: [Five Skandhas](#)