

THOUGHT

POISON IN THE HUMAN

Dr Venkata Rao Potluru

INTRODUCTION

Thought has shaped the world we live in.

It has built cities, written scriptures, launched rockets, split atoms, discovered mathematics, and created the marvellous technologies that connect the entire planet in a pulse of information.

Thought is responsible for surgery and poetry, for music and machines, for the ordering of society and the functioning of daily life.

In the technical, scientific, and practical fields, thought is essential. Without it, we cannot drive a car, operate a computer, build a home, or even speak a language.

But in the psychological world, thought becomes destructive.

It becomes fear.

It becomes desire.

It becomes ambition, jealousy, sorrow, anger, comparison.

It creates the “me”—the centre that separates itself from the whole of life.

And this centre, this constructed “me,” becomes the source of endless conflict within and without.

This book is an exploration of that movement.

Not intellectually,

not as an academic analysis,

but as a direct perception of what thought actually is—

how it arises,

how it functions,

how it builds the self,

and how that very self is the root of human suffering.

Thought has placed mankind on the moon,

but thought has also divided humanity into nations, religions, races, classes, castes, and ideologies.

It has created war as surely as it has created medicine.
Wherever thought seeks security psychologically, it breeds fear.
Wherever it seeks identity psychologically, it breeds division.
Wherever it seeks continuity psychologically, it breeds conflict.

The “me” born of thought is always struggling:

to become,
to achieve,
to protect,
to dominate,
to continue,
to control.

As long as this centre exists, there cannot be peace within oneself, and therefore, there cannot be peace in the world.

This book is an invitation to observe thought—not to control it, suppress it, improve it, or escape from it. All such attempts are still the movement of thought.

Rather, we are exploring whether thought can be seen clearly, without choice, without condemnation, without justification.

Such choiceless awareness is not the product of discipline, nor the outcome of effort. It is a natural awakening of intelligence when the mind becomes aware of its own movement.

When thought is seen as thought, when illusion is seen as illusion, the seeing itself is the ending.

In that ending, the mind becomes extraordinarily quiet. Not through control, but through understanding. And in that silence, there is a quality of mind untouched by thought—innocent, sacred, boundless.

This book explores:

- how thought creates the self
- how the self becomes the centre of fear
- how comparison divides
- how psychological time is born
- how sorrow is maintained by memory
- how belief becomes conditioning
- how thought creates God in its own image
- how the ending of the “me” brings compassion
- how silence flowers when thought understands its limits
- how intelligence awakens when thought sees its own place

The chapters are not theories. They are explorations. You, the reader, are invited not to agree, not to believe, not to accept authority—but to observe your own mind directly.

For it is only in the mirror of daily relationship,
in the movement of fear and desire,
in the reactions of sorrow and anger,
that the nature of thought is revealed.

This book is not asking you to think differently.
It is asking you to see.

And in seeing, there is transformation.

Dr. Venkata Rao Potluru

Consultant Surgeon and Author of ‘The Timeless Awareness’

Contents

INTRODUCTION..... 2

THE NATURE AND LIMITS OF THOUGHT 7

FUNCTIONAL THOUGHT VS. PSYCHOLOGICAL POISON ... 21

HOW TO BE FREE OF THE POISONOUS “ME” 64

CHOICELESS AWARENESS OF ME IS THE ENDING OF ME 77

WHAT IS THE MEANING OF LIFE..... 87

PEACE 132

FLOWERING OF COMPASSION 148

THOUGHT: BLESSING OR BURDEN?..... 165

SOCIETY: THE CHILD OF LIMITED THOUGHT 186

WORDS 195

THE NATURE AND LIMITS OF THOUGHT

Thought is necessary in the field of science, mathematics, technology, and daily functional living. There, thought is orderly because it deals with facts, measurements, cause and effect, and objective reality.

In that limited field, thought is an extraordinary instrument. It builds bridges, performs surgery, designs computers, writes books, calculates distances between stars. There is precision, logic, sequence.

But the very same thought, when it enters the psychological field, becomes disorder.

Why?

Because in the inner world, thought does not observe facts; it invents images.

Thought says:

- “I must become something.”
- “I must be better than him.”
- “I am wounded because she said this.”
- “I am important, I am nobody, I am special.”
- “My belief is true, yours is false.”

Inwardly, thought creates billions of separate “centres,” each shaped by conditioning, culture, trauma, fear, desire.

So psychological thought works in billions of different ways, each contradicting the other.

If thought were truth, its movement would be the same in all human beings.

Just like mathematics is the same everywhere, physics is the same everywhere.

But psychologically:

- one person's belief contradicts another's
- one person's identity clashes with another's
- one's desire obstructs another's desire
- one's conclusions oppose another's conclusions

This very fragmentation reveals that psychological thought has no inherent truth.

It is not universal.

It is not constant.

It is not reliable.

It changes from moment to moment, culture to culture, person to person, mood to mood.

Therefore:

The psychological self-created by thought is illusion.

Not illusion in the sense of "non-existent,"
but illusion in the sense of "something believed to be true but actually built by thought."

The "me" is a construction:

- my memories
- my wounds
- my beliefs
- my name
- my experiences

- my successes
- my failures
- my conditioning

Thought strings these together and calls it “me.”

But that “me” is not a fact like a tree or a mountain.
It is a projection, a bundle of memories, an echo of the past.

And because every human being’s psychological thought is different, the “me” of each person is different.
Therefore, humanity lives in contradiction, conflict, comparison, division.

The very multiplicity of psychological thought shows it is not truth — it is illusion.

In the functional field, thought unites.
In the psychological field, thought divides.

Whatever divides is illusion.
Whatever causes suffering is illusion.
Whatever is born of fear, comparison, ambition, and memory cannot reveal truth.

Thus:

Thought is a wonderful servant, but a dangerous master.

In the psychological world, it is illusion masquerading as truth.

When this is seen clearly — not as an idea, but as fact — the illusion begins to lose its grip.

And in the ending of illusion,
there is silence, clarity, compassion.

The Two Orders of Thought

Thought is extraordinary in its capacity.
Thought has built airplanes, bridges, computers.
Thought has decoded the structure of DNA, invented
mathematics, sent machines to Mars.
Thought, in its functional dimension, is a magnificent
instrument.

In this functional or technical order, thought is precise.
If you add $2 + 2$, it will always be 4.
If you mix hydrogen and oxygen in correct proportion, you
get water.
If you follow the laws of aerodynamics, a plane will fly.
If you solve an equation correctly, the answer is universal and
repeatable.

In science, mathematics, engineering, medicine, technology,
and daily physical tasks, thought operates in a single coherent
order.
This order is the same for every human being, everywhere.

- The laws of physics don't change person to person.
- A mathematical proof doesn't alter with mood or culture.
- A surgical procedure doesn't depend on belief.
- A bridge does not collapse because of someone's opinion.

In the technical realm, thought functions beautifully.
There is no confusion there.
No contradiction.
No conflict.

But the moment thought enters the psychological dimension,
its nature changes completely.
It becomes chaotic, divisive, contradictory.

In the psychological field—

- thought is not universal
- thought is not consistent
- thought is not orderly
- thought is not factual
- thought is conditioned
- thought is biased
- thought is rooted in memory, fear, desire, hurt, hope

In psychological matters,
thought does not reflect truth—
it reflects conditioning.

And conditioning is different for every human being.

Therefore, psychological thought contradicts itself, collides
with other thoughts, and fragments life.
This fragmentation reveals the illusory nature of
psychological thought.

Functional Thought vs Psychological Thought

Let us look closely.

When you build a computer—
there is clarity, logic, cause and effect.

When you think about your neighbour,
there is prejudice, fear, comparison, opinion, memory.

One is factual.
The other is psychological.

One is rooted in universal law.
The other is rooted in personal belief.

One works for all minds.
The other works for each mind differently.

In technical action,
thought produces order.

In psychological action,
thought produces disorder.

This is the essence:

Thought is sane in the outer world
and insane in the inner world.

It is accurate outside.
It is chaotic inside.

That chaos is illusion.

Why Thought Becomes Illusion in the Psychological Field

Thought in the psychological arena is based on:

- memory
- experience
- fear
- desire

- hurt
- pleasure
- belief
- culture
- upbringing
- comparison

These are subjective, conditioned, unstable.

So psychological thought can never represent truth.
It can only represent conditioning.

For example:

Two people see the same human being.
One sees a friend.
One sees an enemy.

The fact—the human being—is the same.
But thought projects different meanings based on past memory.

Therefore, thought is creating an illusion, not seeing the fact.

Another example:

One person calls his belief “God.”
Another calls it “Superstition.”
Another calls it “Truth.”
Another calls it “Nonsense.”

The fact is unknown.
Thought gives it a thousand names.

Thus, thought spins illusions about an unknown reality.

Thought can only function within the known.
But it pretends to understand the unknown:
love, death, fear, relationship, conflict, the future, God.

This pretense is illusion.

A Billion Psychological Worlds

There are almost eight billion human beings.

In the functional world of science and technology,
all eight billion minds operate in one order.

But in psychological matters—
every mind has its own private world.

One billion different fears.
One billion different beliefs.
One billion different gods.
One billion different ideals.
One billion different hurts.
One billion different images of “me.”

This fragmentation itself is the proof:

If psychological thought revealed truth,

all minds would see the same thing.

But minds do not see the same thing.
They see according to their conditioning.

Therefore, psychological thought is illusion.

Not a small illusion.

A vast, destructive, deeply entrenched illusion.

Thought Creates the “Me”—the Core Illusion

Psychological thought has created the greatest illusion of all:

the “me.”

The “me” is nothing but:

- accumulated memories
- experiences
- hurt
- fear
- desire
- pleasure
- beliefs
- knowledge
- images of oneself

Thought gathers these and calls it “me.”

But this “me” changes moment to moment.

It contradicts itself.

It is wounded by a word.

It is inflated by a compliment.

It is crushed by failure.

Anything that changes with a moment
cannot be real.

Anything that depends on memory
cannot be actual.

Anything that needs constant reinforcement
cannot be true.

So, the “me” is a fabrication of thought—
a psychological fiction.

And this fiction divides the world:

- my belief vs your belief
- my god vs your god
- my success vs your success
- my family vs your family
- my country vs your country

The “me” is the root of conflict.

It divides human beings
as surely as borders divide nations.

The “me,” created by thought,
is the source of human violence.

From this illusion arise:

- jealousy
- competition
- pride
- anger
- fear
- sorrow
- envy
- domination
- conflict
- war

Thought creates the “me.”

The “me” creates division.
Division creates conflict.
Conflict creates misery.

So thought is the architect of suffering.

Thought’s Illusion Can Destroy a Planet

Thought discovered nuclear fission—
a scientific miracle.

Psychological thought turned it into the atom bomb—
a device that can wipe out humanity.

Thought created technology—
magnificent.

Psychological thought created division—
deadly.

Therefore, even the greatest scientific discoveries
are threatened by psychological illusion.

And when man colonizes other planets—
he will carry the same “me,”
the same fear,
the same greed,
the same illusion.

So, he may destroy not just Earth,
but any world he touches.

The outward expansion of man

without the inward revolution
is a danger to the universe.

Why Thought Cannot End Thought

Thought tries to solve psychological problems.
But thought itself is the problem.

So, when thought tries to fix sorrow,
it only strengthens sorrow.

When thought tries to escape fear,
it deepens fear.

When thought tries to control desire,
it creates conflict.

When thought tries to become peaceful,
it creates agitation.

Therefore, thought cannot end the illusion—
because thought is the illusion.

Only awareness can end illusion.

Not control.

Not suppression.

Not analysis.

Not discipline.

Not effort.

Only choiceless awareness
of the movement of thought—
as it arises—

reveals its illusory nature.

In seeing the false as false,
the false drops away.

This is not intellectual.
It is direct perception.

When you see a rope,
you cannot see it as a snake anymore.

When you see thought as illusion,
you cannot believe it anymore.

This is the ending of psychological thought.

The Beginning of Freedom

When psychological thought ends,
the mind becomes extraordinarily silent.

Not forced silence.
Not disciplined silence.
Not meditative technique silence.

But natural, effortless, alert quietness.

In that silence,
there is compassion.

Not the compassion of charity,
but the compassion that comes
when the “me” is absent.

Where the “me” is absent,

the heart is awake.

And in this awakening,
there is peace that is not of thought.

The universe begins in such silence.
Creation flows from such silence.
Life is understood in such silence.

Only a mind free of illusion
can understand what love is.
What death is.
What freedom is.
What reality is.

This is the beginning of true life.

FUNCTIONAL THOUGHT VS. PSYCHOLOGICAL POISON

Thought has its rightful place.

It is essential in the world of technology, science, and daily function —

to build a bridge, to calculate, to diagnose, to communicate.

There, thought is skilful, efficient, necessary.

But the same thought becomes poison

when it moves into the psychological field.

For it is thought that has invented the “me” —

the center of fears, ambitions, wounds, jealousies, beliefs.

This “me” is a fabrication of memory,

a shadow produced by thought’s movement through time.

And this “me,” being born of thought,

is inevitably divisive.

It separates itself from others,

from nature, from the whole of life.

In this separation lie conflict, violence, and sorrow.

Thought, in its proper place, is orderly.

But when thought becomes the master of the heart,

when thought tries to control relationships,

when thought tries to shape identity,

when thought becomes the center —

it turns into venom.

This illusion of “me”

— though unreal —

has immense power.

It can destroy a life,