

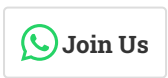
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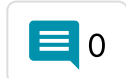
When clarity ends confusion

Life appears full of conflicting possibilities because the mind itself is full of conflicting tendencies. We do not really know what we stand for, or from where our wants arise.

 **Acharya Prashant** Last Updated : 03 December 2025, 05:17 IST



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Decision-making, for most of us, becomes heavier than it needs to be. The moment a choice appears, the mind begins its familiar dance. Thoughts circle around the options, trying to predict outcomes, trying to secure certainty, and the whole thing turns strangely tiring. Something as simple as choosing becomes a small inner battle.



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ior, or from where our wants arise. The same mind that pulls you towards something also pulls you away from it. This inner divide shows up outside as a crowd of options.

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When that division settles, the strain of choosing settles as well. A clear mind does not sit weighing pros and cons. It simply sees.

Right action then is not something you construct through effort. It shows itself, the way a path becomes visible when morning light softly dissolves the fog. Facts have a simplicity of their own. It is our fears and attachments that blur them and make the obvious look complicated.

So whenever confusion begins to tighten its grip, the first step is not to think more. It is to pause and turn inward. Ask yourself with some honesty: Am I looking at the situation as it is, or am I looking through the push and pull of my own desires? The moment this question is asked sincerely, something settles. The mist thins. You discover that the situation was never the problem; the lens was.

Clarity does not give you ten choices. It quietly removes nine of them. What is untrue drops away, and what remains is simply what must be done. The decision, in a sense, has already happened. You only needed to get out of your own way to notice it.

Clarity is not an addition to the mind. It is a return. Like reminding someone that they always had eyes, though they lived as if they did not know how to use them. And once you begin to truly see, the whole drama of choosing loses its tension. The mind stops struggling. The path stands revealed.

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