

# 2002-10-07: Noting

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## SUMMARY KEYWORDS

noting, mental, mind, feeling, mental note, attention, thoughts, naming, people, practice, remembering, happening, experience, caught, pay, find, independent, wave, stay, word

## SPEAKERS

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What I was kind of inspired to talk about today is some very basic aspect of the passionate practice mindfulness practice that some people do, and some people don't. It's optional. But it's the way it was taught this particular system that I teach. The way was taught in Asia. This was a very important element of it. And that is the practice the technique of mental noting. And the other day I was with, my son was acting out a little bit. And I think I told him, he could do something. And so he went to his room and he had this little toy balsa sword that he was given at school recently. And it's kind of like his first weapon. And was a big deal and all the kids made them and they're supposed to fight dragons at school. I think maybe with sword I guess. And so you had this at home and so and I kind of had my back to him to him when he came out. So I didn't quite see it, my wife saw it, but he was actually coming out and kind of like, you know, trying to stab me kind of six feet away, and he was pretty angry. But it was clear to me that he was, you know, upset about something. And I didn't want to. So what I wanted to do was I wanted to name it for him. I wanted to kind of label a name and kind of do a mental note out loud for my son, just kind of name what he was feeling. But I you know, I figured he was angry, but it wasn't sure. So I didn't want to kind of impose my my ID on him in case that was not the right thing. So I tried a couple and what I said, Oh, are you angry? Are you or are you sad? And I had this idea that simply I didn't really care so much about that, whether he you know, answered me or not. But this idea that just simply naming it putting the name out into the atmosphere into the environment would help him recognize or cope with how he was feeling feel like he was recognized and understood or seen in some way acknowledged, and that it would be easier for him to put it down. Or to have a more healthy relationship to it or something. And my tone of my voice was very Matter of fact, you know, are you angry? Are you sad? I wasn't upset that he was directing it towards me. Just you know, just and so I don't really know the consequences of having done this with him. I mean, he did quiet down, calm down very quickly. But he might have anyway I don't know. But what I was doing, in a sense, was practicing for him the practice of mental noting. That's what child raising. I wanted to read you some little descriptions of some clinical efforts to bring mindfulness practice. For the person who learned, be passionate practice the techniques of it and try to apply it to any kind of clinical

psychological state. So this has to do first one had to do with a case of a divorced woman who would have bouts of depression and anxiety, anxiety. When she remembered her ex husband's bizarre sexual demands. She was trained to label her thoughts as remembering remembering. And within a few days, she could see the causal relationship between the thoughts and the anxiety and depression. quite something. So she was using the practice of mental noting, noting what was happening, remembering remembering. Then another woman, who was hospitalized for manic depression and schizophrenia, was instructed to watch the second hand of a clock. And when her mind went off the clock to name the distraction. Soon she realized that most of her distractions were related to the past. She was then instructed to label them as remembering remembering With this technique, she learned to identify herself with the objective watcher of her disturbing thoughts instead of the depressed thinker. So here's some, again, someone. So we do this kind of similar thing, you know, we, one of the basic practice practices we have is to stay with a breath, follow the breath, be with a breath. And then you don't stay with the breath, right? So obedient, apparently. And the mind wanders off. And then we notice we recognize Oh,

thinking, planning, remembering, you know, we kind of name What were the most because recognizing where the mind goes. And then recognition is very powerful, and to start recognizing the patterns, and then to be able to have a way of naming it and labeling it helps a lot to disengage ourselves from that magnetic pole or magnetic attraction or that grip that seems to exist sometimes between our mind and the kind of thoughts that we have. And that's one of the functions of mindfulness and one of the functions of mental noting is to help loosen up that grip. There are other ways you can get this loosened up. But that's one of the ways. So one more case study.

I didn't finish this one. So with this technique, she learned to identify herself with the objective watcher of her disturbing thoughts instead of the depressed thinker. Soon, she began to gain insight into the nature of her illness, and was released from the hospital. And other woman who was hospitalized for anxiety, depression and an inability to function adequately rebelled against any suggestion of introspection. As she was a Mormon, the word Buddhist or meditation was not mentioned. As the therapist interacted with her, it became evident that much of her day was spent fantasizing and imagining to avoid the anxiety of her life. The habit of fantasizing was discussed with her, and then she was asked to undertake a psychological procedure. To her surprised, she was asked to bake a cake. However, she had to do it extremely mindfully with my new attention to detail. When the persistent fantasies would arise, she was instructed to just observe them. After a while, she found that she could intentionally return to the present moment, and so function more adequately. She also began to gain insight into the nature of her anxiety and depression. Well, that example is not about mental noting, per se. But so mental noting is a very simple technique, where it augments and supports mindfulness practice mindfulness practice that doesn't require having a mental note. But mental noting is a very simple practice of naming your experience that you're paying attention to. So if you're with your breathing, for example, you would name it perhaps in For the in breath out for the out breath, or the classic one that I was taught in Asia was rising, falling, because we were instructed to pay attention to the rising falling of the abdomen. So rising, falling. And I probably said rising, falling over and over

again, more than most people in, you know, in America, rising power, and battery now some kind of label, they kind of names it. And, and then if there's an emotion, happiness, you name it happiness, happiness, or sadness, sadness, kind of name it or if there's physical pain, pain, pain, with the skills, physical joy, you might name it as pleasure, pleasure, pleasure. If there's outside sounds, hearing, hearing, just thinking, thinking, thinking, and now some people when they hear about about this, rebel, they don't like it. They don't like this idea of using mental notes, especially if they've been involved in other forms of meditation practice for a long time. Before, because the association they, it seems like the mind is getting busy. They're doing all this stuff with their mind. They're trying to quiet their mind. They've gotten used to the mind being quiet. It seems like now you've agitating the mind but having as mental noting going on, and it can be that way. But it's kind of like learning to ride a bicycle. I don't remember so well, you know how it was for me. But I imagined when I first started riding a bicycle, I was probably not so calm. It was kind of you know, agitating activity and I was kind of my body was jerking all over the place. And But eventually, I've learned to ride a bicycle and now I can ride a bicycle without thinking about it. And well, you know, even like using my hands. So you know, it's gotten very easy now second nature to ride a bicycle. Same way with a mental noting. It can be initially kind of agitating and disturbing even to do it because it seems like you're making yourself busy. But after a while, becomes kind of second nature was very easy, and the disadvantages of doing it disappear and what remains The advantages of doing it. So some of the advantages are that it helps keep you on track. And, you know, with being mindful if you keep going a regular rhythm of mental noting, very easygoing doesn't have to be fast or hairy. But just kind of in the moment just what's happening now just hearing, stretching, itching, itching, hearing, breathing in, itching, smiling. Not yet, you already scratch. And so just and the advantage of that is that it keeps you on track in paying attention to what's happening in the present moment. And sometimes I don't do the mental noting. And sometimes I do and it's kind of varies with my practice over time, but sometimes I do it Just as a kind of test

to see, am I fooling myself how present I actually am. Because I'm capable fooling myself. I think I think I'm kind of present here. You know, things are going pretty well. But really my mind is kind of kind of present. But really mostly lost in my thoughts are caught my thoughts thinking about something. And we're having the mental noting. If I keep doing it in a steady way, I have this reference, like these people in the clinical studies, that is reference that helps notice when I get lost my thought I stopped noticing. So that's why it's a reference very powerful one for me. So if I keep the steady rhythm going, then I can get a sense. So overall, my practice is going my slipping off a lot of my forgetting to do it a lot. It also helps keep me on track. It's kind of a little nudge, a little reminder, stay present, stay present, stay present. Wasn't there a book by Ella suckling some Island books and place where they live was it. There's a Parents of birds or birds said pay attention all the time would be great if we had slow birds and pay attention, pay attention. Now, instead of car alarms and horns and all that, third, we have this, you know, I have this, you know, I have this car that finally, I don't feel lonely anymore, because finally I have this car that speaks to me. And I used to be kind of, you know, all the other people had cars that spoke to them. And I didn't have a, you know, my car didn't speak. But now it speaks. But it doesn't speak very well. It just got beep, beep. And I could say, you know, pay attention. And as a reminder, but anyway, keeping me on track, I find it very helpful that mental noting is a

reminder to stay on track stay with what's going on. It also encourages me to stay focused a little bit more fully. When I use the mental noting. It's like a little nudge or encouragement to really be present for what I'm paying attention to. And sometimes I can be kind of complacent with my practice. I can kind of know what's going on and kind of Oh, I'm feeling a pain or that kind of that's an in breath. I've you know Not a lot of those Thank you. And you know, I can kind of be there with an in breath but the mental noting when they say in or say rising or something note, you know, it's it for me it's kind of encouragement is kind of habit now because I've done so much. Okay, let's really be here for it. Let's pay careful attention and be engaged to connect with experience. At the same time, part of the function of mental noting is to separate me from the experience. So it's kind of paradox is toggle toggle switch, it's one of them and it helps me connect see it more fully, either for it, in a sense, the same time not to be entangled with it, not to be lost my thought about it, my self pity with it, or my, all the different kind of judgments and things that can go on about the experience. So here and they are in their clinical studies to talk about having an objective watcher, but kind of having that sense of awareness, that sense of presence, which is independent from what you're experiencing. You don't have to pause it a watcher just a sense of presence. That's independent. It and, and that's for me one of the advantages of mental noting, it strengthens that that part of my psyche, where I can be present, but independent of what's happening, not aloof, because I've also connected at the same time, not aloof, but free of free of being entangled, free of grasping for your credit run away and pull away from kind of a very balanced independence. And a lot of what Dharma practice is trying to find it get to us get a provider's is a certain kind of independence, independent awareness. That is independent of what it's aware of. But not aloof, not distant, not disassociated. At the same time, kind of very present. very honest. What's that? What's going on? So I noticed for myself is like do the mental noting that over time, it tends to strengthen that independent presence. Because part of the, the part of my mind, part of the web part of the way it works is that part of my mind, which is noting belongs to that part of my mind which is independent, not connected, not entangled. So that part is stronger and I can find over, over sitting, that part of the independent gradients of the mind gets stronger and stronger. And I take up in a sense of residents in that independent radiance of the mind. I find a refuge there, I find my freedom there, I find a much more satisfying place to be than the things I'm worried about are caught up when it kind of helps me disengage with my worry, my fears, my plantings, my memories, all the things in my mind, kind of like it otherwise sucked into and kind of like Velcro. Velcro mind if you ever feel like you have karma Velcro mind. You know the thoughts you Stick. So

also another functional mental noting is that there seems to be some value in the psyche, of clearly naming what you're experiencing especially you have to use your emotional experience or psychological experience. The you know, the whole story of naming the dragon, the dragon loses its power. Or there I was it when I was in. In Northern Africa, there were people there who had this, this idea you don't tell anybody really what your birth name was, is because you have another name that you people know you by. Because your birth name, there's power associated with that. And if they know your birth name, they have some power over you, like a secret. So this traditional idea that there's power in naming, and I've seen it my psychological life, that if I can name with relatively accuracy wasn't experience Is my psychological experience. Sometimes it's the it's the accuracy of the

naming, which helps me become free of it. And you know, I've seen it a number of things. I've seen it with anger, I've seen it with depression. I remember once told a story, but I was feeling kind of crummy and hanging out without being without being mindful my body feeling the communists and then, but it wasn't till I've kind of recognized that the name that has depression, that's the depression lifted, there was some something very powerful about naming the experience. Some people have a very, very small vocabulary for for naming their emotional life or different aspects of their life. It can be very helpful to expand that vocabulary. Learn a bigger range of words for anger. We hit you know a lot of different words you know, in English that are kind of belong to the category of anger, you know, all the way from, you know, annoyance and irritation to re fury. So you know, you cannot have learned all this just subtle differences in probably you can probably sit here together as a group and come up with maybe I wouldn't be surprised if 25 different words, you know all relating to anger and have shades of difference in meaning, the more accurately accurately you can name, the greater it isn't helping the mind become independent and free. Now naming how you do the noting is very important. It's an art I think of noting as an art form, rather than so much as a technique. So as an art form, you have to have to kind of learn and vary how you do the noting over time and learn different ways of doing it. One way is to do it, just constantly for everything that you pay attention to everything you bring mindfulness to. I know some people who prefer to only do certain categories or their experience. The only thing they know is their thoughts when the thoughts really need need need. need attention. Thank you Planning, remembering, whatever. Some people I know who only name, label their emotions. And probably different people choose different kind of areas of their life, because that's the areas where it's most helpful to somehow use a noting to disentangle them from being in meshed and caught up in these experiences. The way in which the mental noting is said, I usually say do it as a quiet whisper in the mind.

It's going to be very soft, very gentle. Kind of, I like to say if you have any sense of where the quietest level of thinking is, in your mind, do the notes from that place. You know, if you go out and rob a bank and sit down, probably your mind is quite a quite thinking thinking your mind is very agitated. Hitting strong and powerful. But if you've had this, you know, wonderful nap and rested and everything's going perfect in your life and you sit down. And you actually you've been meditating for a while already all day and you come down to sit and your mind is very soft and calm. And, you know, it is a very quiet, subtle kind of thinking, you maybe you're aware of kind of deep down underneath, very soft and gentle. If you do have a sense of different levels of thinking, try to make a mental note from the softest place available to you. I found that as I meditate, and my meditation gets more and more concentrated, more, I get more subtle in my meditation. Then at some point, the way in which I'm seeing and mental noting becomes coarser than the state of my mind. And then it feels a bit irritating to do something coarser than the subtlety of the mind. And so then I have to soften the mental noting to correspond with a subtlety of the mind. And if I'm on a retreat, then I think Notice sometimes it, no it, you know, there's a number of different steps like that mind gets quieter, I soften the mental noting the mind gets quiet or soft, the mental noting like that softer and softer. mental note is also interesting. It's also interesting, interesting to pay attention to the quality of the voice that's doing the mental noting. What I mean is if you're sitting here, and you have physical pain, and you say to yourself, you listen to



how you're doing the mental noting of pain, and it goes something something like this. That's a good indication of your relationship to the pain. You're not neutral, you're not you know, you're kind of caught up in it and you know, full of self pity or whatever version. If you're sitting here and you're feeling you know, delight, joy, physical joy, you know, and you go that's another sign that you're caught up. Somehow indulging, caught by the mental note should be very simple matter of fact, pain, pain, joy, joy. Other joy is bad or not to be had now that you're not allowed to feel the enjoyment of it, but you don't want to be entangled with it, it's so much more precious. It's so much more fun, wonderful than any joy you can experience physical joy. The joy of having an independent mind, the mind is luminous, independent. The heart does that way. So paying attention to the quality of the voice can be very helpful. Some people can struggle of how they may make mental notes they can get to find the right note. Even though I said that earlier, it's useful to find you know, be more exact. You don't want to struggle in meditation with finding a note. You want to do that which is most obvious. And if what's most obvious To say I'm having an experience right now is just as a way of kind of framing or encouraging your mind to pay attention to what's happening now. You know, feeling crummy, that's not very exact right? So I'm feeling crummy, I'm feeling off just something that kind of encourages you to pay more attention to the with his experiences to be more present for it. And perhaps not so caught up in it. I sometimes mental noting will have told us before, I guess recently, but sometimes he's the mental noting of yes to my experience, whatever it is, yes, yes. Yes. And that's occasionally is very powerful for me to do. Just Yes, yes. Yes. Kind of acknowledgement and acceptance of what's there. I've never tried No, no, no. Maybe I should try that. It is there is it is a kind of spiritual technique of just nada, nada, nada. neti neti is no No, no, whatever is going on. The Zen call and move. One way of doing movies There is no move kind of means no in Chinese or Japanese. And I don't know, why am I telling you this? The koan is does a dog have Buddha nature? And you're given the answer, and the answer is move. And then just the colon you have to do have to somehow grapple with that con. And, you know, come back to the teacher with an answer. And so what you so what's that about? It's a dog have Buddha nature. You know, and that sounds like a cow.

And, but one of the ways of understanding the practice of moves vary in size and it's one of the primary practices one of the ways of doing the mu mu colon is mu means no. But is to use it as a No, just whatever arises and experience not settling for it. not picking it up. That being engaged in it. No, no, no moo, moo, moo, encouraging the mind to stay independent, not caught by anything. There are other ways of practicing the MOOC on. Anyway, so sometimes I say yes. Other times when a mind gets very quiet, very subtle and not a lot of thoughts are going on. Sometimes I just kind of like make the mental note. whatever is going on, and I find it's still useful to do that even it's so subtle, this little grunt and little grunt kind of just keeps me on track. And it's appeals. Again, it's one of the lovely experiences to feel like you're really on track, you're on the groove with the mindfulness, you really present you're riding the present. You're not wavering, you kind of like a little, you know, you're kind of, you know, you're in a groove with it. And, and to have that groove kind of being fueled and fed little bit. You really feel like You're riding like, like, like, it's like surfing on a wave, you've caught the wave, like you've caught the present moment and you're kind of riding the present moment, you're really there. And it doesn't feel like work anymore. It's like, you know, it's almost impossible to leave or you know,

it's like nothing, usually a little bit of encouragement to stay in that wave. And that mental note can be that encouragement, be in the group to be on the way. And you can kind of ride that way for a long time. Though, sometimes, you know, I saw this photograph in one of their local couriers of the 16 year old who caught a 40 foot wave at Maverick. And we're there in Stinson beach. And he and his beautiful season, you know, sport, there's four series of photographs and he's beautiful and 16 year olds up, catching the wave catching the wave surfboard flips at 40 feet up. And he lives to talk about it. And so next next to the photograph, there's a description of what it was like how he hit bottom, ocean bottom, when you pushed him down 25 feet down. And then he had to swim up as fast as he could to get in the air and came to the surface and took one big gulp of of breath until the dive under because the next 40 foot wave came. What am I telling you this

riding the wave or sometimes even sometimes, you know, we, we fall in the mud, there is no reason to tell you this. So sometimes we fall in right we kind of lose the present moment. And he writes this little description, he says, or the person writing and writing the description of it says that, that he went out, out further past the waves again, and got in line. And that day he caught eight more waves. And when he asked why'd why after this big accident, you know, why did you go back? He said, I knew that if I didn't go back out again. I would never ride a wave again. So remember that when you lose the present moment. Come right back. Don't matter Don't Don't be dissuaded don't lose heart. Don't get discouraged, just get back on that wave, learn to surf.

I wanted to Oh, so I know that in Buddhist circles and kind of New Age circles in our code whenever there's sometimes a distrust of words. And you know, the word label, you know, if you label something, you know, label it, the word is not that the word is not the experience, words are in capable of really explaining or describing an experience what's really going on. And the real spirituality points to something which ineffable which is undescrivable. words just fail. And there's maybe truth to this and I don't want to argue against this. But in Zen they have the expression that a word can kill an word can give life. That if we only understand how words can keep us at a distance from reality by judging it or some kind of vague concept, then we're shortchanging ourselves understanding how words also give life. And our life would be much poorer if we didn't have words. So one of the most dramatic examples of this, in this what I'm trying to say here, I think is from Helen Keller's book. And she writes, do you all know Helen Keller? You can't know everybody or maybe some people not from America. So Helen Keller was deaf and dumb and blind to the deaf, dumb and blind, right? So how'd you get to learn to speak? How'd you get to learn how to communicate? And so amazingly, some point as a teenager or kid, she had this teacher who, who was convinced try to find some way to establish language with Girl and get her eventually she became quite a big you know, she's very, very was a very bright and very smart very bright woman and she I guess eventually learn how to type. I actually never read the book, but I know I don't have this quote and, and wrote books and was a great educator right. quite phenomenal story. So she Helen Keller writes, someone was drawing water and my teacher placed my hand under the spout. As the cool stream gushed over my hand, she spelled into the other word, water. First slowly, then rapidly, I stood still, my whole attention fixed upon the motion of her fingers. Suddenly, I felt a misty consciousness as something forgotten, and someone and misty consciousness

as something forgotten, and somehow the mystery of language was revealed to me I knew then that what our men, the wonderful cool something that was flowing over my hand, that Living Word, awakened in my soul gave it light, hope and set it free. Power words. Words are amazing. So we can use the mental noting as an aid to Vipassana practice. You never want to confuse the word for the experience you're having. But the word, the name, label, the mental noting is kind of like you're framing the experience. So you can really be there for that experience directly or a finger pointing to the experience. It said that 95% of the practice is non verbal sensing and feeling with experiences. And 5% is the pointing is the naming. What will happen as you do this is sometimes a moment Mental learning will become mechanical and will become 95% of what you're doing. And you have to be alert to that happening and then know how to, you know, make it more alive again, stop being letting being mechanical and automatic, and stop letting it be the main thing you're doing. And just a very subtle little corner of your mind is pointing your attention to the present moment. For some people that mental noting simply doesn't work ever. It just doesn't their mind doesn't, doesn't help them in the meditation. You shouldn't feel obligated to do it. However, the statistics are in favor of mental noting, Joseph Goldstein once said that he saw in many students that he thought that the ones who used mental noting as part of the requester practice tended to make faster progress than the ones that don't. That's the only statistic right? You might be the exception. You know, who makes superfast progress without mental noting There are such people, right? So you have to this mental noting is a skillful means. It's an aid

that's suitable for some people, not for others, suitable for some people sometimes. Some people find it very useful to note, when they first sit down as a way of getting warmed up in the way of kind of helping them disentangle from their thoughts. And then they let go when the mind gets quieter. Some people find that, no, don't do certain things, as I said, thoughts or emotions. Some people find it most mostly useful to note, when the mind is very, very quiet and concentrated in subtle that that's actually when the noting is most powerful. It's an art form. And you might experiment with it. But don't assume that it doesn't work for you. Because you've tried it for 10 minutes and seems like you're just getting more agitated. It's kind of like learning a bicycle, you have to give it a give it give it some time to see if you can kind of master it. So it becomes second nature and helpful. So any questions about that? Tasha? No. Are you? Are you suggesting I should know more precisely, you can. If it's obvious, then you can late knit labels more precisely remembering planning or something. And so if you're a planner, if there's been a lot of time planning and meditation after a while, you probably start noticing that. And then it's easy just Oh, planning planning. You don't particularly want to spend time thinking about what is the exact word for this kind of thinking. You know, you don't get busy. It's just 5%. Just very simple kind of noting. Unless you're so caught up in your thoughts. Just over and over and over again. You're just hardly ever present just thoughts thought just kind of, then you might begin investigating a little bit even With thoughts, you know, to analytically, you know, what is it I'm thinking about and, and start kind of finding more exactly what is what's the nature of the kind of thinking you have. But mostly just do what's obvious. But if it's obvious enough to be more precise and thinking you might find it helpful.



Yes. So you mentioned earlier that when we know the negative, well, the negative thing like suffering or anger that usually goes away. How about Have you name a positive thing like joy?

Would you like my answer to be?

Yeah, it doesn't go away. Yeah.

There's, Oh, yes. The question is, I said earlier that if you note something like anger or pain or something, it goes away. Depression, it goes away. But what about if you note positive things, you know, joy or something thing will go away or will it stay? Will it get stronger what happens? There is a general overall tendency, seeming seems like almost like a rule of spiritual rule of psychology, that when you are clearly aware of what's happening, that tends to promote the wholesome states of mind and attends to decrease the unwholesome states of mind. However, that's the general trend. At any given moment, it might not be so linear. And so sometimes bring greater awareness to your anger might actually lend itself to rage being released, like you suddenly touched the tip of the iceberg. And you brought your attention to it more carefully and you realize the iceberg is huge. And then you get really angry so it's gotten stronger, rather than going away. And sometimes the joy you might, might be feeling might not be might be very ephemeral. And might actually not, you know, just noting it being bringing attention to it, it might actually disappear very quickly, some pleasure that you might feeling might have. So, you know, you can't make it. It's not always, you know, some direct direction that goes. Sometimes it's said that you can expect one of three things to happen to your experience, when you're mindful of it. You can get stronger, you can get weaker, and you stay the same. And it's not your responsibility. And it's not your job. to prefer one over the other, or to expect one over the other, or want one or the other. No matter what the experience is, as a meditator, your job is simply to be aware of how it goes. Oh, look at this. It's getting stronger. Look at this guy whose pain is watching it. What is fascinating is getting stronger. Look at that. Amazing. I feel like my legs gonna fall off. Wow, that's interesting. I wonder how much pain a single person can stand that's interesting. Or you know another time you notice the pain he says, Oh, look at that amazing it disappeared I was just I was just gonna pay attention to it and I was getting interested in paying you know to investigate it and it just went away like that, you know that's too bad. Oh, well.

So if it gets more as noted, you just keep noting. Yeah,

yeah. And then and then you might notice if your notes are getting faster and more frantic it is. The notes can help you stay balanced and calm. If you note in a calm way maybe you stay calm and progress Yeah.

Nine o'clock. Number The whole issue of progress is, you know, it's a huge topic should I talk about next Monday? That's what happened to me some years ago. This is what happened I use the P word. And someone asked that, you know, and then in the following week I came and gave a talk about

progress. And so, okay, so maybe next week I'll try to talk about progress. If I'm here, you realize that I'm probably most of you realize that my wife is about to have a baby. And it could be literally any minute. Any day now. She's her due date is October 25. But she feels she feels like you know, baby sitting down there deep in her pelvis, pushing so you all make lots of progress