

# 2007-11-09 Anapanasati 9of9

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unpleasant, pleasant, breathing, reactive, sound, mind, reactivity, practice, aware, letting, calm, react, feeling, droning, noticed, relax, picturing, tetrad, encapsulated, reaction

## SPEAKERS

Gil Fronsdaal

So was the leaf blower unpleasant? Some of you could ignore it and some of you took it in and what was it like?

Yes. Is it the mic?

Mary's coming with a mic.

I was

I was not aware until this happened that I was making sort of

a project out of

wanting it to be pleasant or neutral, at least. In the end, what happened was that the sound all of a sudden went down, and then right away up again. And I felt I've happened right here. That and the hope was there that it would go off. And then quickly the disappointment when it came on. Oh, and that was wonderful because then I could I could be aware more that that there was some reactivity going on. And also this tendency that I have to want to, to have it pleasant or at least neutral because maybe that says something good about, about my concentration or something great.

That's very interesting. So, if you're really a good Buddhist, you will turn that sound into a pleasant sound. It's my transform. It's just pleasant sound. Pleasant or

sad, but then the mirror comes. Yeah. And so I really appreciated it. When you said a little bit later on. You said Yeah. And you know, you just let the unpleasant the unpleasant.

I like sound a lot. I like it when it's noisy wrote me. That's fine. And what I realized right now was, I was very restless. But I was restless. Yeah. And the sound kind of was sort of an anchor. It reminded me that I'm here right now and it's okay. It was like, yeah.

So, so sometimes the something is unpleasant, can be an anchor and better than what we already have. So I was actually invited. Because otherwise you have to let be left with yourself. And that's, you know, that's unpleasant.

I was like, Oh my god, what am I going to do? And then I'm like, here we go.

You can avoid yourself by listening to something unpleasant scenario you asked the question before about, you know, what can you do about all this? How do you do this to this? Did you get any any idea in the sitting but how you can do it? How you can settle there calm the whole world of mental reactivity? And,

yeah, well one of the things that came to me one while during the CIP and I think you said it, but it was something unpleasant arises it for me it was a pain in my shoulder. And, okay, so it's just there and letting go of the stories that I have attached to it stories of, Oh, god, it's never going to heal and I'm so tired of this or whatever thoughts come with it and, and breathing into it. And I thought that's great in sitting, if it's manageable. But in real life, it's really hard to do that when, you know, just 500 things to do, but that's what the sitting practice is for. That's Yes. And one other thing was

getting practice like going to the gym. Yeah. Trying to get strong so you can take it out into the world with you.

The other one I did earlier today was, as I was sitting with a lot of sealing in in my body was just kind of picturing it. I think these are personal processes. But picturing this, this whole encapsulated being and just seeing it sort of from the outside to sit there with all that stuff inside, but not being it and that helped for a few minutes to Great, thank you.

And once

now here comes

Good, good background for my questioner. thing that whenever

I noticed that

right away, yeah, yeah, I was irritated with it. So it was unpleasant and I made it that and then and then I, you know was trying to do the thing of letting it in letting it pass through me. And that actually worked pretty well and I got this kind of image of a glass can over me which wasn't it wasn't touching me so that so I got that and what kept happening was, you know, it would go on for a while and I I lose track of it, I would go off into my mind that's hard to do. I tried to stay my breathing but what happened was I would, you know, this has been going on all day as I've been really often my mind. So this thing when it would go, you know, high pitch for a while and then go put her down. I'd come back Because it was changing. So it was like, whenever the thing changed, whenever anything changes, that's when I'm present, noticing. But if something's just sort of droning on, then I'm

going off. So it's

great. Thank you. Good, good observation to see that. So, what I didn't ask you to do, which I could have is to, as you've kind of pay attention to unpleasant things like that is then also to see here in my city. Notice also how it affects your breathing and the chances how it affects your breathing. And as you get more and more subtly aware, or subtle with your sensitivity of your breathing, you'll see as your breathing is affected also. And so as you keep your breath soft and lubricated as you relax your breath, then it also helps one of the ways of helping Calm, calm or soften the reactive activity in the mind as well. So, feeling tone is a very important subject, as I've said, Now, a number of times in Buddhist practice. And it's, I find it rather embarrassing. How much of reactive life is built on how just a simple

reaction to pleasant unpleasant, not very sophisticated. And, and, but if you, if you start tuning in to that part of your experience, you probably find to have a tremendous Toho or handle onto finding out how not to get caught up reactively to your experience, because that's where often begins, right? They're reacting to pleasant and unpleasant. And that, study that, explore that, explore it, get to know, so in the various ways that you react to respond, and let yourself react sometimes they'll be in a hurry to calm it down. Because one of the principles in this mindfulness enterprise is you really want to understand something well you want to see it well. If you like Go over to quickly you can see as well. So let yourself be reactive it'll be done. So what's this reaction? Like? What's it feel like in my mind and my body in my belly? What's going on? What are the beliefs or thoughts what's really going on there? And then once you have to know it somewhat, then you can let go of if you'd like. Or maybe it lets go of itself because you're not, you know, you've seen through it. And so feeling tone, and so you can go really far in practice, by just looking at feeling tone, and then relaxing, the whole mental formation that comes up around it go really far. So it's a full practice, certainly a good practice for the month. Until it actually we meet again in January so you can do for two months. So our next summer practice day is in January, sometime, we're not having one December. And then we'll, we go along here. We'll go a little bit slower through the different steps they get In some ways more interesting as we go along, they're all interesting. But next time we're going to explore the tetrad has to do with the mind. And that's a very rich tetrad. Your mind is rich and may waver on reactivity that you find may it be for the benefit of the people you've run into. They they benefit from this as all as well so they can be happy