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activity, formation, mental formations, tetrad, mental, bodily, creates, relax, part, activated, narrowness, pali, react, mind, leaf blower, intentionality, translated, stirred, place, ways

SPEAKERS

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We've talked about earlier in this year, the series, an important concept in 16 stages is the Pali word sunkara. And it's usually translated as formations and mental formations or bodily formations. And I interpret it mostly as being, that those those things that come in, come into existence gets created, get formed through our, our reaction responses, intentionality that we have. So if I don't like the leaf blower, for example, and I get upset, that's my activity in my mind. That's a sunkara. That upset This is a sunkara an activity of the mind and that activity of the mind has as you might have consequences in my body, and maybe my body gets tense. And so that that tension in the bodies is a physical sunkara fix this physical formation. So the bodily formation is that part of our bodily experience, which comes into play, which gets activated, that we're aware of, because of how our mind operates, how we react and respond to the world. So that's so when the Buddha talks about relaxing the bodily formations, it's relaxing that part of the body, which has been activated, usually by being tense, by how what goes on in the mind. And so the mind gets activated. And not only does it get activated, its form certain kind of, you know, does some does things, it reacts to things. There's desires and wishes and all that. But also that mental activity, creates mental formations creates something in the mind that has lasting lasts in the mind for a long time. So for example, I might be Thinking about, you know, an important email I have to send out. And that's a mental activity, but my preoccupation with that email and what I'm going to write, might create certain tension in my brain in my mind, or tightness in mind or narrowness in my mind. And so that narrowness, my mind and mental narrowness are narrowing down as part of that mental formation. So the mental formation is not only the activity itself, in a sense, but the consequence of that activity. And so those two aren't so separate from each other. So in the first tetrad, the instruction is to relax the bodily formations, and the second tetrad, the it comes to the place where we relax the mental formations, the mental constructions, the mental ways in which were stirred up. And so as we go on this morning, we'll move on now to To the to that