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mind, brain, thought, arise, tension, impulse, difference, feel, german, breath, citta, energy, contraction, involved, sensory, activate, awareness, supposed, body, engagement

## SPEAKERS

Gil Fronsdal

is a kind of an expression in English that some people say sometimes, maybe you said it's some equivalent. How did I get here? did we get here? And sometimes in the midst of stuff, like, midst of our active mind, it's like, you know, we come in even maybe we don't even know what's going on, but we kind of know what's going on. But how do we get here? How do we get to this junction when we get to this kind of stuff? When the mind is calm and settled, then it's possible to see things as they arrive as they come. So it's one thing to think about what how do I end up thinking about this? What am I supposed to? How am I supposed to solve this problem and, you know, what's the right solution? Now am I supposed to follow my breath now is supposed to notice the thoughts, what am I supposed to do, you know, as opposed to sitting calmly and peacefully and watching something arise like a thought arise. And in the seeing it arise, see that there's a

kind of a

healthy separation or freedom or independence from what arises. There's the awareness, and there's the arising of something. And that distance, that freedom or that independence is very important. Because then you don't, you could see that you'd have a choice perhaps, when you get involved, or you stay free of it. And so the receiving the rising of something is very important. So at the end of the sitting, I asked you to notice the difference if you could, maybe it wasn't relevant for you. But the difference between having a thought arise versus getting engaged in a thought, involved thinking, could you discern a difference between those two things? And what could you describe that some someone like to describe? It's what's much too. So when the thought arises, it just arises and passes is much shorter. But when you get engaged, it continues for some time you feel it? Yes.

I follow the thought.

When I first noticed that I wasn't as in tune with the nuances of breath or body. Soon as I be aware of I had lost a little train there. And I realized that even if I had walked on the spot train was there was something that was pulling me away from my breath

in my body. engagement with the thinking pulls you away from having contact with the body with what's going on here. Good. Anybody else? Carol?

If I get engaged in a thought I find

my mind. There's more energy within the body,

somewhat of a tenseness.

So, the energy goes up there's more tension. Is that energy? restless or agitated energy or is it smooth sailing energy? She pins on the side. Okay, we're energized state, okay. We're seeing

the difference in not suffering and suffering.

Difference between suffering and not suffering.

just picking up on both of those, for me the energy was the energy was very different. And that I felt that when I was, I guess about to get caught up in the thought as a very kind of contracting, tense tension. Fear probably not wanting to get caught up in, in the thought. But feeling the impulse to do that.

So you can feel it. So that's interesting as you feel tension or fear or contracted mist that comes with the engagement. Yeah, or fear about the engagement. But also you felt the impulse to get involved. Yeah. And so is there a difference between having a thought arise and the impulse to get involved?

The difference? Oh, I think so. Uh huh. Yeah. Yeah, cuz sometimes thought will arise and, and I won't feel The contraction around it, it'll just bubble up. And, and, and I want Paula with that when I feel I'm about to fall.

So, so the impulse to follow it comes with contraction tightness.

It seems insane inseparable, then I don't quite understand exactly how how great this is great.

Thank you, anybody else noticed the difference between having a thought and the impulse or the gravitational pull or the magnetic pole or the something to drive the interesting and so the driver that impulse maybe has no thoughts connected to it, in and of itself, perhaps, you know, just as you know, walking on or something. Anybody feel that there was a closing down or darkening of awareness when or narrowing of awareness You got involved and you're thinking, yeah.

So there's a band of locking tension in your eyes area when you're trying to get involved in some kind of thinking. This is all good to see all this. So this is very useful as we go along and we go into the afternoon to have this little bit as a background for we're talking about in the afternoon. Yes.

You talk about the mind And to me, that's an abstract concept and do you make a difference between the mind and the brain because it my meditation, I mean, you know, when the when the in breath comes up, it's like the brain and when you said that metaphor of the lake. I picture my brain actually like a muscle getting really heavy and soft and, and just lying in that rain pan, but it's not. I don't know the difference between mind and brain here.

Yeah, that's a hard one. I don't know. It seems the brain is gonna have a big deal to do a lot to do with what we call mine. But a lot of people don't want to limit the mind to just the brain. And some people feel the mind is here in the heart area. That's where it seems to be activated. Or some people say it's in all our nerves. It's all over the body. Some say the mind is localized, the brain is localized, the mind is not localized. What does that supposed to mean? And so the mind thing, you know, what is the mind? But I'm curious because you're German, right? Once at once, this woman from Germany came came to

most America and she said one of the great surprises learning English in America was the English word mind. She claimed in German do is no word like that. It's very true. That's true.

Interesting it makes it hard for us.

Yeah. So we think we know what we're talking about. And it takes someone coming from Germany say what are you?

The way over the word citta sometimes just translated as harder I sometimes his mind. She does so you can find it interesting to find a German Pali dictionary and see what the how it's translated. Should you still use citta in Hindi? Marathi. So oh here we have in Japan

there's a brain research scientists from heart Who had a stroke and her that commission by the stroke. And she entered into what she described as Nirvana like state where she was just feeling herself flowing with the universe and her energy flowing with the universe and pure sensory sensations and it was

completely silence.

No, no mind shattering from the left side.

And, sorry, it was kind of like a death experience. She felt like it was a death experience like her, her spirit had yielded to her death. And it was wonderful. She had a she just, it was a glorious, glorious experience. And she willed herself to come back to teach everyone about this difference between the left brain and the right brain. So she's written a book and I think it's very interesting.

I just bought the book. I was reading it last night, but I can't remember the name of it.

So it gave me this whole other slant on meditation that we're just trying to react. We're trying to activate the right brain

rather than this.

It brought it kind of down to earth for me, for me. Was that

down to earth brought down to earth.

Yeah, just and she has exercises for and just sensory exercises to beautiful activate the right brain beautiful.