

2009-05-01 The Five Hindrances Doubt 2 of 4

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SPEAKERS

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So I thought we would do another little meditation and guided meditation. But before we do that, I would like to

do a kind of popcorn thing I'd like to like to a number of you to into the mic. So it is to say a little bit briefly like one, one little one set, one short sentence, one short sentence.

What gives you confidence in the practice,

give them about 10 seconds, and if they don't

know answers in 10 seconds, then you can force it on them. That's That's true. positive

effects of the informal practice off the cushion

truly observe scientifically etc. state of mind so

the capacity to the increasing capacity to be with what's difficult

there are some things that I used to be oblivious to.

Minor pains

but like a cramp in the leg if I really focus on investigated it actually does diminish.

It works.

What would give me confidence is feeling more joy and love in my heart.

Just the feeling of peace while sitting.

Spending time inside my own mind is

getting to know myself gives you confidence

the the increasing abundance of research supporting the scientifically, demonstrating the benefits of meditation and mindfulness.

clarity of thought following meditation

the softening of my heart,

feeling of tranquility

it's been done. meditations been done for thousands of years.

observing it work.

The question is what gives you confidence in practice? Yeah, practice doing it.

ability to withstand absolutely anything that comes in your way.

But that was a nice collection. Thank you. So let's do a city

so

Settle yourself into a posture that expresses confidence. Perhaps maybe expresses a little bit of strength of confidence without getting hard in your body. Sitting up make confident way

in perhaps finding stable secure contact of your body against your cushion or your chair. So you You're grounded and rooted

here

See if you can establish a sense of presence in your body that manifests or expresses some degree of confidence. Confident to be here, unapologetically confident to be here is it here and now? significant important

presence or an awareness that expresses confidence that your efforts to be aware and awake to be attentive here now are significant Significant important.

And perhaps there's a place in your body you most strongly associate with confidence. If there is perhaps you can watch your breath. Be aware of your breathing through that place with reference to that place

becoming aware of your breathing

And offer some confidence to that awareness. This tracks your breathing, stays with your breathing. confident that being present for your breathing is worthwhile.

Offer confidence to that attention that you bring to the breathing

As you're practicing now

what is the relative presence of Either confidence or the absence of confidence as you do your mindfulness

is there some confidence? Is there some lack of confidence?

Can you call on confidence so that you're more present

So I'd like to offer that almost a flipside of doubt is confidence. And then sometimes there can be doubts about practice or some aspect of practice. And rather than resolving the doubts, a person is overcomes them, by their, by the confidence that person has So, someone might have doubt in their own ability to practice But they have confidence in their teachers confidence in them. And so okay with my teacher believes in me that I'll just, I'll just do it anyway. Or it could be that the person has doubts in the truth of the teachings, but they have confidence that they can follow through on the practice diligently, and, and really find out whether they're true or not. I can think I could find out, I'll do it and they'll find out for myself as opposed to staying some vague idea doubt first and can have doubts about some experience that happens or something might happen, but then have tremendous confidence in the path or in the other practitioners or, or in the teachings. And so, the doubts about particular experiences, just evaporates in the context of doubt of just dive I have so much faith and confidence in the practice itself. Confidence is a very important quality in practice. And sometimes it's invisible people have enough of it they don't think about it just there in the background. But sometimes it's very important quality to remember and to touch into and be reminded of and it's a great support as we go through all this. So what I like to do is to have you break into groups into pairs to find find a partner. And I'd like you to have a take about maybe eight minutes or so for each one. So for one person, this is like an exercise where one person just talks the other person just listens. And while you're talking share something about the hit your history

of

Confidence in meditation and the practice in Buddhism, if you're new to all this, but we do here, maybe to an inner life or to a spiritual life, kind of the history of your fluctuations, how it's changed over time and how when you first started you just had complete absolute, unwavering confidence and inspiration and that first week of meditation was so great. And then it was down been downhill ever since. Or, you know, the first started it was just bizarre Can I believe in this, this is really strange and people sitting on the floor, and this is you know, strange people. And, and, but then slowly, slowly, I started having more confidence. I saw those people sit in the floor, kind of nice people gave me encouragement, and you know, whatever. And so, what have you what is what has been the history of your fluctuations in your competence center Understand that like 16, good. And now those of you haven't done this before, when you do this kind of exercise, it's really, you're exploring it, it is you explore it for yourself as you speak is your turn to speak. you're exploring it for yourself. You're not taking something for the sake of the listener, the witness with the listener is a witness as you do your own exploration out loud. And so if you find yourself saying something, for the sake of the other person, or telling a story that goes on and on about something about confidence, oh, yeah, back then. You know, and, and you know, the story really well. It's not for the sake of, it's for your sake, you're doing this. So just get to the punch line. You know, don't don't do a long story. You can it's not it's not for the sake of the listener that you're speaking. Because really hard because that's the way we usually talk. So it's really hard to switch. Some people when they do this exercise. actually find it helpful to close their eyes because they do They're not kind of pulled into the world to the other person concerned about how the other person's hearing them or whatever. So the idea is to explore for yourself this and hopefully that. The obvious things you'll say will,

you'll say in the first few minutes, and then the last minutes, you're actually you've said the obvious, obvious things, perhaps. And then you're stretching yourself for opening up exploring something deeper or some other aspect of what this topic might bring up. To make clear, okay, so. So if you could find someone to silence if you can just do this in silence, we can find someone to partner with. And then if you don't have a partner, why don't you stand and we'll see if we're odd or even here in the numbers. So you'll have eight minutes, I'll ring the bell after eight minutes. And then we'll take a moment to just to be quiet and regroup. And then I'll ring a bell and then you can switch So, please,

cake. Take a moment to be quiet. Perhaps Close

your eyes and breathe and

feel what's the feel what's happening for you. There's anything if you were speaking if there's anything that feels unfinished, just kind of acknowledge that

So then you can open your eyes and you can switch, the other person can not speak.

So, can thank your partner and come back into the group

So perhaps we can have a few short words about what that was like. Did it do that exploration?

I rather like this, I don't usually stop to think, where am I confident? And how is that helpful? And I found it very helpful to go through that process. So thank you. Yes, looking at doubt from the confidence side, made the doubt have a different weight to it. And made me see it not as all negative. So it's very helpful. Great. Thank you.

It occurred to me from my practices that I'm pretty confident. And the problem is it's the notion of confidence and practice ultimately for freedom. attaining freedom. It's sort of in a conundrum like the monkey in a room with a typewriter soon given enough time to write Shakespeare.

So it's an issue of having enough time.

Surely, Surely you're more than a monkey.

This is harder than Shakespeare.

Surely you just

I found that in sharing with my eyes closed with my partner, I noticed that the doubt seemed to be up here in my face. And I was looking for confidence. And when I looked kind of out it, you know, I kept running into doubt. And then when I stopped trying to find it, confidence seemed to be down. You know, this is during sharing, and I just noticed it was like, it was not a thought it was something much

more, you know, down here. Beautiful.

You can't think your way into it.

Yes. Yeah. fright all that, you know, think positive BS. No. Just people that

I had a similar experience. Like you had I had my eyes closed and sort of I was relating my history and I realized that the confidence The past came from this place within me of the knower. No, I just it was

the if I left things up to myself with the ego, whatever, nothing would have happened, but there was this Knower within me that sort of took over and just led or whatever else happened at that point in my life. Well,

my husband and I were partners, and

I have

in these dyads are in in these some group processes. We haven't been partners. And

I

have, I guess,

didn't have the confidence to partner with him prior to this, and we talk a lot about all kinds of things. And so it was really was great.

And

I have confidence to do anything I do, knowing that my husband is, is supporting me and encouraging me to, to be the best I can and, and give give the gifts of me to humanity and is always it's just always he's like he's the best husband in the world. So I have the confidence to do anything. Knowing he he is there, and whether he's physically they are not that Doesn't matter.

Great, thank you.

Okay. Thank you. So I thought we'd take a lunch now and for an hour and in preparation for the afternoon, I thought I'd say something that would perhaps you'd think about reflect a little bit during lunch. Talk about if you'd like. And that is

there's a quote by the Buddha. He says, I know of no other single thing that has the power to bring on doubt, and to cause doubt to increase, then unwise attention. So to pay attention unwisely to pay attention to the wrong things, to pretend pay attention to things as they are an unwise way. Cause per doubt. So the So, in the afternoon, we'll talk a little bit about this topic. And for now, I just wanted to plant that seed in you, and for you to maybe the course of lunch that can go through your head, you know, what is this thing about? unwise attention? Why is attention? How does how does one pay attention wisely? And how is it that by paying attention unwisely, that that brings on doubt? Yes, you'll get this isn't a handout for today. But I have no other single I know, of no other single thing that has the power to bring on doubt. And to cause doubt to increase than unwise attention. So let's, let's take an hour, so it's now five after 12. So let's start again in here. At 105 to enjoy your lunch and also you can bring up tables and