

2013-08-14 Practice Notes Proliferation of Thought

Thu, 9/3 5:39PM • 4:25

SUMMARY KEYWORDS

proliferation, mind, thoughts, present moment, abstract ideas, tendency, problems, ideas, proliferating, moment, practice, concepts, world, imc, abstract, occasionally, word, toilets, thinking, pali

SPEAKERS

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The important concepts for our practice that this tradition emphasizes is to understand a particular feature of the mind or mental activity. And it goes by the Pali word papancha. And sometimes it's considered to translate into English as proliferation proliferation of thinking. The word panca means five, pa means like to go outwards, it's like to go outward in five directions or it's the way the mind makes obstructions. The way the mind makes. abstracts and separates and objectifies the world and, but in particular, I think it speaks to that strong tendency to get lost in a lot of thinking. And sometimes when I first when I first heard about this teaching of papancha, I would sing it to myself that I can I can't sing I don't you wouldn't want me to sing but I would think to myself, papancha rules the world and like The Britannia rules the world because so much of how we experience ourselves and experience the world is through that filter through the veil of our amazing capacity to think and have ideas and it becomes almost invisible to us, they were kind of orient ourselves by understanding ourselves, the world, everything through the world and world. All these abstract ideas going in five different directions at once kind of fragmented kind of thinking. And so to recognize, there is papancha to recognize that we're thinking a lot and that concepts a lot. The mind is kind of proliferating and part of the proliferation ideas, idea that it builds not itself, yet. One thought, that's just something else. It's just something else and it grows and develops. And so as you sit here in practice today here at IMC, you might be on the lookout for your tendency to be involved in proliferating, thinking, thinking that just kind of expands, exaggerates, pulls away from the present moment, or the proliferation of thoughts that becomes an overlay on top of your present moment experience. It's interesting to say occasionally, maybe more than occasionally people have more problems than they really are. And occasionally, things are just what they are. No problem no mistake, but then we look for problems the minds tendency to proliferate is goes into Creating and looking at forming problems that don't necessarily present in the moment. And so this problem making mind can be is often part of the proliferating mind of thoughts and ideas. And so what is it like not to have abstract ideas, it's like just to be here in a very simple way is the task of mindfulness.

So, papancha, very important idea concept in our tradition. And if you can get a sense of what this means, then something a little bit easier sometimes it cut through that abstract world of thoughts and return to the simplicity of this moment here. And, and I would suggest that as you do your practice here this morning, that unless the toilets are overflowing or I don't know what happens here, in the moment of being here, there are no problems for you. So if you are getting involved in problem thinking mind and body all the time problems you have in your life, which some of them can be quite genuine, the fact that they're not here and now. Maybe they belong to the world papañcha for you in this moment. And

maybe you can think of it that way. Oh, that's a papañcha. Maybe you can kind of step beyond them into the present moment more fully. I hope you enjoy your morning here. Thank you.