

# 2014-01-22 Practice Notes Intention

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## SUMMARY KEYWORDS

intent, purpose, relaxed, present moment, meditation, inhabit, supports, embody, clear, intention, body, sit, word, mindfulness, tense, body language, precluded, abstract, sense, concentrated

## SPEAKERS

Gil Fronsdal

So to offer you some hopefully supportive words about the practice of mindfulness of meditation, one of the supporting conditions for being in the present moment for being attentive to the present moment being focused stable here is to have a clear sense of purpose. And not just a clear sense of purpose and sense of, you know what you're doing. You know, you could say this, the reason why I'm doing something, but a sense of purpose or a sense of being intent, you can have intention and you can have an intent, be precluded. Watch to see someone you don't know what they're doing, what they're up to, but you see it, they're quite intent and what they're doing, you can feel that you can see in their face and their behavior and their body language, that person is really intent. So the sense of purpose can be also something we embody and carry with us in our body. So if the purpose is to be present for your 10th tip, the present moment experience. The purpose is to be relaxed. The purpose is to be awake, the purpose is to be concentrated. Whatever the kind of more general purposes for meditation practice, the purpose is to see clearly what's really going on here. It's helpful sometimes to consider what your purpose is, or what the purpose of the meditation is, what's your intent, what's your intention, and then get behind the intention. Kind of with your hobbies, your being with your body be intent. So that because to really kind of to have an abstract idea, oh, yeah, it's medical time. See, and I'll just sit there and kind of be pay attention. There'll be a nice thing to do. That's very different than I'm going to go there and or sit down I'm really going to sit myself down with with intent with clarity with purpose and really take us Eat as if this is what I'm gonna do, it's important that I'm gonna do what am I really going to be here. And the effect is different. And it's so to show up with intent with a clear sense of purpose. And then embody that intent, embody the purpose. inhabit to that purpose with your whole body, with your posture, your being. So your intent here, in a sense, the feeling of purpose is something you feel almost not just an idea. And then, also what's helpful for it because it's meditation is that whatever your intent is, whatever your purpose is, add the word relaxed, in front of it. So if the purpose is to be concentrated, say, I'm going to my purpose is to be real, relaxed and concentrated, relaxed and mindful, relax. And cultivating clear seeing. So that sense of being at ease or relaxed is part of the purpose. Because otherwise the sense of purpose I'm talking about today being really intense, is too easy for people to interpret as being tense. You know, and so it's not that I'm no way talking about being tense. So but there's still without that intention, there can be intent that you embody and be and just here in a full way. So whether you're doing walking meditation, or you're sitting here in meditation hall, you might experiment with inhabiting your purpose inhabiting a sense of intent, because you are doing something here, so inhabit that doing in a clear way, and see that supports you to be here so that the mind doesn't wander quite as much. I hope you have a nice morning.