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SPEAKERS

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So at the center of kind of a Buddhist approach to life, Buddhist approach to understanding our life is understanding our intention. And I'd like to approach this topic with the idea that this is an area of our life that it's useful to explore. As opposed to have strong opinions about fixed ideas. I'm supposed to be a certain way, but rather to be curious and be interested in the world of intention. And there's many things to explore with intentionality. One is that if I say that I say one of the reasons why it's important in Buddhism is the idea is that The intentions behind our actions and our actions, our physical actions, how we behave in the world, our verbal actions, how we speak what we say, but also Buddhism says our mental actions as well are important. The intention behind them has a big impact on how we get conditioned our conditioning. And so we conditioned ourselves both mental conditioning, psychological conditioning, but also we kind of conditioned some what Buddhism is, could be considered kind of an unseen world of karma, kind of the we set in motion, certain trends, certain kind of movements of the mind or movements in the world, cause an effect that sooner or later will come back to us in particular ways. And that karmic consequences the way it comes back, or conditions us has a lot to do with the intention that has Somehow informed our behavior or action. And so understanding and looking at our intention is very useful. So one quote one very interesting question to have is when you're going to do something, whether it's can behavior, or it's going to be something you're going to say, or if it's something you're going to think if you can be involved in thinking something or see yourself thinking about something a lot. So all those three, you can ask yourself the question, for what purpose? What purpose? Am I going, am I doing this? What purpose is am I trying to fulfill what purpose I'm trying to, to accomplish? But then ask the question again, you get maybe you get an answer. And then ask yourself when you hear the answer, then say, what, for what purpose? Is that? What am I trying to accomplish? What's the intention? behind that, and keep asking the question, see if you can go deeper and deeper and deeper. So it can be something as simple as I'm about to get in my car to go to the store to buy groceries. So I say to myself, you know what purpose and like, going off to drive my car, get groceries, and a story. I know what I'm doing. Now is daydreaming about something else. But instead, you can say, Well, I'm going to buy groceries, but for what purpose? am I buying groceries? Oh, I'm buying groceries to feed my family. But for what purpose? are you feeding your family? Oh, I want my children to grow up, be strong and healthy. Or I want to nourish my family. With a wholesome food. I want to make a nice meal for my family so they feel supported and cared for. I want to go I want them to you know, there's a lot of purposes We can fulfill. So if we stopped at the at the first one, going shopping, that's the purpose. Be quiet Leave me alone. We don't go very far, we don't go deep enough to find out that actually underneath it all, there might be some deeper, more heartfelt or deeper reason that really motivating what we're doing or which could be motivating. So for example, so say I go I'm going shopping. That's but why are you going shopping for food? Because I want to feed my family. Why do you want to feed your family? Well, because I'm a parent and parents are supposed to and it's my obligation, my duty, you know, I don't like it, but I'm going to do it. You know, that's a big lesson to see

that very clearly. That's behind I'm going shopping but behind that is this intention, this kind of the flavor of what I'm doing. He just added

Not only disinterested sense of duty, but kind of an aversive relationship, just kind of heavy feeling that that conditions is very different than if we say, I just want to do something really nice for my family, support them. So he asked a question for what purpose and then asks again, for what purpose and for what purpose. And then when you kind of go down these layers, at some point, you get to something which hopefully is maybe more connected to your heart or some deeper aspiration some deeper thing that's really important for you. Because I would hope that everything you do has some way some connection, something's important for you. And if it's not then in there, then why are you doing it? If not, is there is there some other purpose you want to live by? Or as you go deeper, deeper down? You can start evaluating and reconsidering? Is this how I want to live my life. Want to live my life under a sense of duty and I'm supposed to be a parent and I don't really want to go shopping. But, you know, someone's gonna judge me and I can't go down to I'm a spiritual teacher. And if my community finds out that I hate to shop shop, but I'm just doing it out of bitter duty. You know, I better not let anyone know. And, you know, that's how I want to live my life, that that he doesn't, you know, once you hear that, it's kind of like, just just tiring to say it. And hope it's not too bad to listen to. And so you could kind of reevaluate This is how I want to live my life. But I couldn't I wouldn't be able to ask those questions. Just how I want to live by if I didn't keep asking the question. For purpose, what purpose what purpose, you want to say something to your friend. They need the information. But what purpose do you want to give them information because I want to help But you know, but really, is there other? Are there other purposes? Are there multiple purposes going on? So yes, I want to help them. But is there anything else that you're trying to do? Well, I'm also trying to impress them. So they know that I'm, I know directions really well, you know, or I'm a good helper. So it was a rich world to ask the question for what purpose? What purpose? Are there other purposes, what's going on here? Sometimes it goes deeper, deeper, deeper, kind of sequentially, and sometimes just spreads wide. Because at any given time, we could have many purposes, many intentions behind what we do, how we're doing it. Then another part of the exploration of intentionality purpose is, what is our how do we relate to our purpose? What I mean by this is, we can have an intention to do something, to have a purpose that we want to follow through on and do we Through, do we inhabit our intention? Do we do it wholeheartedly? Do we do it reluctantly? Do we do it with fear? Do we do it with greed? We want and we don't want to have to do it with always measuring against our self identity. How do I look? Is this the right thing? This is how we're supposed to be. How do we relate to the purpose that we're going to live by? Because we can add so much it's it gets, you know, the relay relationship to it. Do we say half hearted wholehearted, quarter hearted? Do we have a strong sense of purpose? And release is really important for me, but then we procrastinate. We don't really get behind it at all. So what is our relationship? How do we how do we live together with our purpose? The some people are afraid of their purpose. Some people feel like they can't have a purpose, because you've got all kinds of reasons why There's always going to be some intentionality. This is part of the teaching of Buddhism, almost any act of body speech in mind has behind it an intention. And if we don't look at it, if we don't explore it, then it operates in the background. If it operates in the background, it's going to condition us in particular ways. But if we can explore it and keep looking and deeper, deeper, deeper, what's really going on? What's driving me here? What's the intention? What's the purpose? What's the reason why I do say, and think what I do say and think then it becomes a rich world of exploration.

And, and I keep wanting to say this world of exploration in a way that would doesn't put a heavy value judgments on what you find. Because it's not not helpful to kind of be carried along with. I should be different. I'm supposed to be a different kind of person. I'm a bad person because of what they do, say and think, but rather to explore it. And in exploration, and looking and exploring and being present for

yourself, then I think probably what with time, the best and you will come forward will come forward naturally. You don't have to be carrying a lot of shoulds on top of yourself. And so you do the exploration, without judgment to just explore and discover and then see where it takes you. So, for what purpose that's that question a lot. See what see what gets revealed. So, thank you.