

2014-02-05 Practice Notes

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SUMMARY KEYWORDS

word, thought, mindfulness, challenge, rapture, peaceful, different meanings, meant, practice, walking, breathing, dripping, paying, implications, sprinkled, present moment, happening, home, trip, buddhist

SPEAKERS

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And then in terms of some little suggestion for the practice of mindfulness it's kind of interesting to practice with a single word that you drop in and to all kinds of situations. And the word is just and so if you have if you're having a really important thought that's really grabs you, it's so important. Just add the word in front of it, just a thought. Or if you're upset with something just upset, or if you having some great rapture as you're meditating, just rapture. The word just is it a little protection is a protection from getting caught up in whatever your concerns and thoughts are. It's not meant to diminish it or dismiss it. It just meant to kind of let it be there without taking it too seriously not being heavy with it. It's a way of stepping out and realizing it is just a thought. If you're thinking a lot about some challenge you have at work. It's just a challenge, as if the challenge is, you know, challenges or challenges, but it don't overblow its importance and its difficulties and, and implications. It's just a challenge. It's not the end of the world, not the beginning of the world. It's just a challenge. And since he kind of sprinkled the word just so mindfulness, we've noticed what's happening in the present moment. That's central to the whole practice. And so as you notice what's happening, see what happens just at the word just so if you're doing walking, meditation, just walking, here, it means maybe that's all you're doing. I'm just walking That's the focus is just just breathing when you're sitting and breathing, just breathing, just being mindful, nothing extra, nothing more, just a thought. It just you know, has different meanings at different times. So there were just any kind of different meanings could carry value. It also has the meaning and English of little bit like justice. It was a just cause. And so I don't know how you know, that that's also there in the background or the word just it's kind of like connected to the Buddhist word karma. You know, if if you're not paying attention as you're walking down the sidewalk and your trip, then it's it's just tripping. justified dripping in the sense that you weren't paying attention, maybe hear something. So maybe there were adjust if you use it today will help you be simpler. Just be here. Just be here in a simple way. And then that simplicity maybe you'll feel more peaceful at home. So I hope you have a nice morning if you have any questions about