

2014-04-23 Practice Notes

Sat, 9/12 12:27PM • 5:13

SUMMARY KEYWORDS

thoughts, mindful, explore, thought, wake, lost, mindfulness, mind, aware, moment, pond, thinking, happen, caught, place, judge, wherewithal, ability, splashing, point

SPEAKERS

Gil Fronsdaal

Some words about the practice this morning. As I think probably all of you are familiar with, when you're meditating, sometimes you're present, mindful and aware. And sometimes you're not. And when you're not, it's commonly assumed that the mind is wandered off and thought you're lost and thought that's an expression people have. And then at some point you're aware of that. That you're lost in thought or have been caught up in thinking or you're still caught up in thinking about this job where you're doing at least. So I'd like to propose to you that you're not responsible for getting lost in thought. If when you when you find yourself completely lost, meaning you know, it probably you didn't choose to do that. Probably just happened in a new coffee. No, off you go. And like babies a little bit like for some people, they're laying in bed to fall asleep. And then next thing you know, they wake up and they didn't like how the spoiling sleep happened, it just When did it happen? It just, it just happened at some point. So it's helpful to think sometimes helpful to consider it you're not responsible for getting lost. However, when you notice that you're lost in thought, or caught up in thought, that's a special moment. And that's where you do have some response ability, some ability to respond. And it's interesting to watch that place when you wake up. If you're really lost, you're so lost that you don't have a problem. Right? That's what it means to be lost in thoughts. You don't even know you have a problem. You don't even know anything you just caught in it. But if you have enough wherewithal to know that you're thinking to know that it's difficult know that you have thinking difficult things You know that you know, this is not being mindful. If you have enough wherewithal to know that's going on, you have enough mindfulness to be mindful. And sometimes people spend a lot of time knowing that they're caught up in thought, and then criticizing themselves for that criticizing themselves. I don't have enough mindfulness. You've had plenty of mindfulness, you have all the mindfulness you need, because in order to recognize you're caught in thought, you were mindful. So the place where you have some responsibility, ability to respond, is when you begin to come become aware that you've been thinking and that's a fascinating place just to explore. And I'd encourage you not to judge yourself or be have some kind of policy or some kind of fixed idea of what's supposed to happen. But rather be curious what's that juncture like? What's it like when your mind when you come back and you're noticed you're maybe you're still notice your thinking? And what's it like to be aware that you're Thinking, to be thinking and to be aware of it? Which is that like, what's that moment? Like? What's those times? Like? What kind of awareness do you have? When you're aware that you're thinking? And what choices do you have at that point? So rather than assuming you can make a choice, begin looking at the possible choices you have, can you choose to stay involved in your thoughts? Can you choose to step away from your thoughts? Can you choose not to be believing your thoughts or be so invested in them? Can you investigate the glue or the magnetic magnetism that keeps you connected to those thoughts, the interest, the fascination, the sense of importance, or whatever it might be? explore that terrain that happens when you come out. That's where response ability resides. And as you explore that, you might at some point, find it an easy moment to let go. Do you really do a dramatic shift from being involved in your thinking, to not being

involved, it's kind of like you're in the in the pond, flashing, getting all wet. And then you're out in the shore and you're no longer in the pond. You're like, you're no longer in the pond splashing in your thoughts. But you're on the dry, dry ground, looking back upon still there.

So this magic moment, so you don't have to worry about getting lost, don't have to spend any time. You know, not necessary. spend any time thinking about what a terrible person you are, for having gotten lost in thoughts. You're not responsible if that's not you, and really just what the mind does, given causes or conditions. But when you wake up, then it gets interesting. So kind of be curious, but that interesting place, study it, explore it, find out how it works for you in that juncture. What's that like? Don't be quick to judge yourself or think that some expose to happen more like it's gonna cure Yes. What's it like his place where the mind begins to wake up no knows that it's thinking. So that's what I suggest for today. Thank you