

2014-04-30 Process Vs Content

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SPEAKERS

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One of the useful distinctions in doing Vipassana practice mindfulness practice, is the distinction between content and process. And what content refers to is the content of our thinking. And we probably all have our top 10 themes, particular things we think about. And in different days different things kind of have prominence when we think about. Sometimes we think about work. Sometimes we think about the past. Sometimes the future is sometimes it's fantasy we're thinking about. Sometimes we're having a conversation with someone imagining it. Sometimes we're commentary about life and ourselves and whatever. There's something we're thinking about. And that's considered the content of thought. distinct from the content is If you stay with the world of thinking, is the process of thinking itself. So it'd be a little bit like if you were watching someone who spoke a language that you don't know, you wouldn't have any idea what the content of they're talking about. But you could pick up something about the process by which they're speaking. You could notice if they're using their hands a lot. You can notice if they are speaking fast, maybe you're speaking slow, lots of pauses. You can, if they're loud or they're soft, or they're maybe it's you can kind of tell whether that's very aggressive, that kind of language they're using the speech they're using, or, or it's very quiet. You can notice them about the process, the way in which they're speaking. And so in Buddhism, we're not for purposes of Vipassana itself when we're doing the content the narrowest application of mindfulness practice, during that time, we're not really interested in the content of our life, the content, the stories of our life, the content of our thinking. But we're very interested in the process. The process is always something happening in the present moment. content can be brought down anytime it's time and space. But so what is the actual process? What's it like to be a human being right now? What's the process of unfolding right now? What's the process of the thoughts arising? and thoughts happening? Thinking happening was a process of feelings and emotions arising? rather than getting caught in the content of the emotion? Oh, no, I'm angry or Yes, I'm happy and then kind of spinning, spinning spinning a little universe around of reactivity and meaning around what we might be feeling. It's more like the process what's what's it like to be an anchor? And, of course through me, what's that like for happiness to rise and flow through me? What's the process like how's this felt? or there might be physical sensations that arise? or there might be, you know, all kinds of sensations might arise? What's the process of the sensations supposed to? That's an itch? What's the process of an itch? What's the process of the reaction to it? What's it like, and rather than get caught in the content, and part of the advantage of the process is that as we can see the process more clearly, it's easier and easier to change shift the relationship we have to the experience, to one where we're more free in relationship to it, one which we don't attribute so much self to it. If we stay in the content, chances are very high the content that you have your thoughts is deeply influenced by all kinds of cultural conditioning, family conditioning and life experience conditioning. We don't often think that clearly, and we don't think are free of our historical context we're in. And so we tend to see through certain filters, which tends to limit our ability to be free. But one way to step out of those cultural, familial societal filters, is the drop down with a process. The process of speaking, is very

similar. Many of the elements are very similar no matter what language you speak, to be used more your hands in one culture than others, but you know, the process is and you can understand something about the process. And so as you're practicing today, you might consider this distinction between content and process. And just maybe all it is today is to notice how often you seem to be interested in the content. Just that might be relevant, Rebel regulatory, but if you notice, and then see if you can make a switch to the process. This was a process of your life as an unfolding. And if you stay with the process like How is it? How is it unfolding? How does that shift your ability to stay present in the moment I hope that you enjoy your process. Thank you.