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SPEAKERS

Gil Fronsdal

One of the interesting areas of mindfulness has to do with the topic of interest to track what your mind is interested in. And because generally minds are always interested in something. And so even if you're bored, I can see my 11 year old. He's very interested in his boredom, and sometimes a big focus. So what are you interested in? And if you if you were like an objective observer of your mind, what would you conclude about what interests you the most? What are the common thing places and ways that your attention is being used? And so it's one thing just to track that and become aware and kind of, you know, to be aware of through the lens of interest, because that puts a little different perspective on what's going on. Because it means that you're involved somehow, you're adding something to the mix. If you think you're just innocently, you know, daydreaming nothing to do with me it's impersonal. This Buddhism says it's, you know, impersonal, it's not self, just daydreaming, maybe, but you could possibly you're interested in daydreams or if you're not interested, something certainly Yes. And then that's what the hook is, is some interest there. So just notice, so you know, what, what are you interested in? What are the what's, you know, we're not in the abstract. We're in the moment, what's your mind interested in what what the interest is moving your attention area into where it goes. And then in Dharma practice, there is as it matures as it grows, a shift of interest. So there's a shift of interest. So we'd become disinterested in things we were interested in, and we'd become interested in things we weren't interested in. So For example, we become disinterested in thinking about the past and the future, and become interested in what's happening here and now. We might become become disinterested in our judgments and ideas and commentary for what's happening now. And we'd become interested in the actual experience. We become disinterested in the byways and highways of our thoughts and become more interested in the physical felt lived experience. It's here. We become disinterested in our our attention, or our fear or resistance or pushing and become interested in relaxing, like to relax, relaxing the body. We become disinterested in all the shoulds and shouldn't and need to that operates in the mind and become more interested in really feeling what is really moving through us. What's happening here? What's the desires, the feelings, the emotions, what's really going on. We become disinterested in all the thoughts about representing ourselves to the world or to ourselves all the self thing stories and you know me myself in mind, seeing things through the lens of me and myself in mind becomes less and less interesting. What becomes more interesting is the transparent quality of awareness of mindfulness, that you don't have to see things through the lens of self, it just be present in a clear way. So as you do this morning, you might explore this topic of interest. What is your mind interested in? And when do we get pretty clear what it's interested in, then? Is that really what you want to be interested in? Are there more interesting things To pay attention to to give your time to, because as practice matures, and healthy, there's a healthy way in which we start becoming a disinterested in things that we were interested in. And more interested in things that we have been disinterested in or oblivious to. And so May your interests support you? Thank you.