

# 2014-07-23 Practice Notes

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## SUMMARY KEYWORDS

rhythm, fixated, wander, mind, present, present moment, meditator, coming, massage, loosen, slowly, work, distracted, feel, hungry, wrong, stay, wake, fixations, breathing

## SPEAKERS

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And practice in life in general, is that many things operate in a rhythm. And so for example, we have the rhythm of sleep and being awake, we have the rhythm of eating and then getting hungry and then eating perhaps again, we have the rhythm of working perhaps, and then resting. We have rhythms, all kinds of rhythms, who through the day, we have the rhythm of breathing, breathing in and breathing out. And we kind of recognize some of these rhythms as unnatural. And you know, if you have breakfast and then don't have, you know, around lunchtime, you start feeling hungry. I think most people don't feel like it says that this is an aberration to have to get hungry or this is, you know that you're weird that it's wrong. They get hungry. It's just it's time to get hungry. There's a rhythm and so if you're able to eat lunch, then you feel satiated. And then it moves through the end of the day you're tired, that's not strange. It's just normal. And then wake up, hopefully you're refreshed.

So there's many rhythms. And it's useful to see when you meditate, that there are rhythms in practice as well. And one of the many rhythms 2.2, but one of the interesting ones is the rhythm of being distracted. And then being being present. And rather than having a black and white view, like I have to be present, and that's the way it is, and, and then the mind wanders off, and think that's wrong, I just blew it. And this is, you know, I'm a bad meditator something. It's completely normal to have a rhythm of the mind. You know, focusing the mind on something being present, and the mind after a while wanders off and start thinking about something else. It's involved in thought, and rather than seeing it as a problem, when we see it in meditation, you see that what you're doing is you're learning to work the rhythm. You're learning to be wise about that rhythm. So if mind wanders off. For meditators, you're not supposed to just kind of be swept away, out to see with those thoughts. But you also don't need to fight it or feel like it's a bad thing. It just, that's the rhythm, the rhythm as you wander off, and your contribution to that rhythm is to come back. And you can come back gently, you don't have to come back harshly or upset you, you combat you wake up, you come back to the present moment to come back to your breathing. And then you offer yourself to that to stay present the best you can. And, of course, the rhythm will wander off again. So then you come back. And so rather than thinking you have to fixate and hold yourself one way, what we're learning to do is to work the rhythm or Ride the rhythm or, or massage the rhythm and or do our contribution to that rhythm. So if you wander off and you notice it, then your job is to come back. Your job is to come back. And as you keep letting go of what you're thinking about and coming back in this way, then it's kind of like getting a message. Eyes for the mind. And so the ways in the mind gets tight, fixated, locked up, knotted up like muscles begins to loosen up because you're lubricating and you kind of do this massage, you're needing it over and over again with this rhythm. Are you going away coming back or going back sometimes the mind is really fixated on things really stuck. And it'll go away a lot very quickly. And you just patiently come back. When back your job is to keep coming back without any anger or discouragement or striving just come back. And then the mind begins loosening up, it comes down, looses up, it's fixations on our concerns.

And slowly what you'll find is your ability, your contribution to come back and stay present will increase and increase and your ability to stay longer and longer. That with the present moment will slowly begin to lengthen and the rhythm will take a different shape And then rather than wandering off, most of the time, you're wandering off, you're mostly present. And so you're kind of working that rhythm. And over time, the rhythm changes. And sometimes, you know, in the course of the day, even you if you've meditate through the day, you'll see that that rhythm of how much you're present, how much you're not present, will shift and change. Sometimes you're more sometimes you're less either direction. And rather than, again, depressing, it's wrong one or the other, to say, Oh, this is this time in the rhythm where I get distracted a lot. So I need to come back a lot on now as part of the rhythm and be able to stay present more. And let's kind of ride that and ride the wave to the present moment longer and sooner or later I will wander off and then come back. And so as you as you practice this morning, you might see if appreciating the rhythms of being practice and being present and being distracted, is something that you can work with and massage and ride and contribute to to stay present and not have by just going oh, here I am. Notice the wandering off, come back and perhaps this will be helpful today. So I hope you have a nice morning. Thank you