

2014-08-20 Thinking Vs What Is

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bell, interpretations, thoughts, spittoon, meditation, experience, mind, distinguish, bronze brass, mindfulness practice, begging bowl, complicated, chewed tobacco, distinct, pencil holder, imc, itch, construct, ideas, train

So, to say a few words about our mindfulness practice, one of the very crucial, very important distinction is that between our ideas of what is and our experience of what is. So we're often thinking about things. And in our thoughts, we have interpretations. We have commentary, we project on concepts on our experience that might not be there.

Or they might be we confuse the what's there with our interpretation of what's there.

And then we have predictions and assumptions and memories associations with what's what is.

It very quickly gets into a complicated world of thoughts does, what we think about what is and then our experience of it. And in the past, in the practice, we're shifting the balance to become more and more

Paying attention to the actual experience of what is as opposed to what we think about what is and that's, uh, requires training the mind to or to, to, to educate the mind how valuable it is to tune into what actually is and train the mind to distinguish between our thoughts about what is and what actually is.

So, I mean it's one of the simple ways of seeing it is to look at a object that

we take for granted that it is what it is until we realize that it's only that way because we think of it we use it that way. So we have here a bell, somewhat large Bell here and it's you know, solid, you know, copper, bronze brass. I don't know Bell. We call it a bell here. And is it really a bell is that this is true nature. It's always gonna be a bell once and for all and unchanging.

You know, is it is it a bell because of virtue of what it is or how we use it? Because I once many years ago was driving through San Francisco and, and South of Market. And I saw someone begging with a bell like this. And it was not his bell. It was his begging bowl. He was, you know, so is it a bell? Is it a begging bowl? What is it, and I've known people in Asia, Abbott's of monasteries, who had next to them, something looked very similar to this. That was a spittoon. And they'd be sitting there giving the Dharma talks and then they would, you know, into their spittoon that very good aim.

And sometimes they would eat beetle nuts or something and so spread to come out and I don't know how well we'll go over in America here in IMC if I you know, you know was chewing in Gold Country the chewed tobacco and then just spit it into.

So is it is it a bell? Is it a begging bowl? Is it a spittoon Is it a doorstep? You know we can keep a whole bunch of pencils in it is it a pencil holder? What is it?

It's you know, it is what we call it, it is what we use it its function. It has a lot to do with in the mind makes it what it is possible to sit and get very very common meditation and open one's eyes and see an object see see the so called Bell and not see Bell at all. Just see shape and color and texture. And you can watch you can just see it that way.

You see that? That the overlay, it's a bell is a construct of the minds activity of the mind. It has some accuracy, but it is a construct.

So that's innocent enough. But we get more but it gets more complicated very quickly, the world of the world of thoughts and ideas and interpretations and then we start living in that world of thoughts and interpretations, more more complicated way. And so what we want to do in mindfulness practice is learn to distinguish between our thoughts and the direct experience and have an itch and just feel it as an itch and see that thoughts that this must be cancer are distinct from the itch itself. It's an interpretation.

To hear a sound, and to hear that's a sound that's distinct from our judgment interpretations about what that sound means.

As you go through the practice this morning, you might keep a little more attention to this distinction as you're paying attention to what's happening in the present moment. See if you can distinguish between the thoughts you have about what's happening, versus what's actually happening. Your thoughts you have about walking meditation, versus the actual experience, the thoughts you have about your breathing versus the actual experience of breathing and meditation, the thoughts you have about being in a building with other people versus what's like the actual experience if you didn't add a lot of thoughts and interpretations on it. Can you see that difference?

I hope you enjoy it. Thank you.