

# 2014-08-20 Recognize Feel Relax

Tue, 9/15 2:01PM • 10:16

## SUMMARY KEYWORDS

recognize, relax, recognition, happening, feeling, practice, simple, fully, tension, stay, mind, emphasized, attention, anticipations, body, steps, path, mental, belly, honest

## SPEAKERS

Gil Fronsdal

One of the important characteristics of vipassana practice or mindfulness practice, is that it's simple. One teacher I studied with in India said that if it's not simple, it's not mindfulness. So the idea is to keep it simple. And one of the ways to keep it as simple is to understand that the primary aspect of mindfulness is to simply recognize what is happening. The simple recognition of what's happening. And if we're recognizing what's happening, that's could be enough. Recognizing the power of recognition. It may be understood if we see it as a synonym to being honest. In our social life, being honest, is very powerful. recognition and mindfulness practices to be on honest with ourselves to honest what's happening in the moment. What's happening now. And something a lot of times it's very simple, what's happening. There's a sound and an H and a thought and a feeling. And sometimes it's more complicated, but to keep it really simple just to recognize. And one of the wonderful, I think, sometimes amusing aspects of this practice, is that when the practice is hard to do, or when it's hard to be present, and the mind spins off a lot. If you all Yeah, all you have to do is to recognize that's what's happening. You don't have to stop being that way, is recognized or this is the mind wandering off. You don't have to be at war with a mind wandering off just to recognize it clearly. Be honest with it. So to recognize what's happening and to recognize what's happening, what's happening is the important operating principle here. It's not recognizing what Half What has happened? Oh, now I realized what happened 10 years ago? No, yeah. I was not anticipating what's going to happen. But it's really recognizing what's happening now. And if you are thinking about the past, then the recognition aspect of the practices to clearly recognize that you're thinking about the past and the present, you're someone's thinking about the past. If you're thinking about the future to clearly recognize I'm thinking about the future, you don't have to be at war. With thinking about the past, think about the future. You said clearly recognize this is what's going on. And something begins to shift when we recognize that way. They clear the recognition is the operative word is clear, really clearly recognizing, the less we're going to be entangled with it or caught in it. It might be still churning away inside of us, but little bit now independent of it, because we've seen it. I see you memories I see you anticipations of the future I see you I know what's happening. So the record, keeping it simple with just staying with the recognition is very, very powerful. And some people will use mental noting to stay in the mode of recognition just to stay in the current recognizing what's happening now. Now, now know, by just labeling it to hearing, listening, seeing, tasting, thinking, thinking is happening, feeling, you know, pleasant, unpleasant, but the simple recognition and using a label to stay in that flow. And some people find it very, very helpful because by staying in that recognition mode, we're less likely to put a lot of energy into being caught up mode into being preoccupied and lost in something. And so that energy is to be getting preoccupied begins to dissipate, and you find yourself when people find they relaxed more that way. But I'd like to. So that's the simplest way of doing the practices just to recognize there are two other steps to the practice to other things that if you're willing to pick it a little bit complicated with that, I think, is a very simple formula for understand or phrase ology, to help understanding three different aspects of their practice.

So the first is to recognize the second is to feel and the third is to relax. And when you do that, when you accomplish those three, you get to do it again. So the idea is, you recognize what's happening. And then you take some time to really feel or let yourself experience more fully. What's happening look what's happening register more fully. So if there is a tension someplace in your body, the recognition was recognized others tension, my belly is tight.

And then the feeling step would be can you live next variances is 10 stomach fully legal ability register what this like? Let me get curious and really take it in and feel it this the operating term. So recognition is that little bit in the head recognizing what's there, it's a little bit intellectual cycling, mental feeling is more physical, it's more like you're in the experience more embodied. So what does it feel like? So this is like letting feeling and more fully feeling the richness of it, the, the, the, the multidimensionality of the experience and give yourself time to feel it and let it come alive. Let it kind of reveal itself more fully by taking the time to get to know it more and more. And then after you've felt it for a while, then if it's easy, relax, relax around it, relax with it. Relax your ideas about it. Is there something you can do to relax. So to recognize, feel and relax and some times one of those three is emphasized more than the others. Sometimes more than recognition is emphasized. Sometimes the feeling of being present is more recognized, more emphasized. And sometimes relaxing is more emphasized depending on what's happening for us. But to keep these three in mind is a great support for practice. Because if you even if you because you know that if you do go in the opposite direction, over those, then it's not really on the path. So if you kind of space out and no longer present for what's here, recognizing what's here, there's no path. If you disconnect with your body, not really present in your body for the experience, it doesn't really come alive the path and if you don't, and if you get if you're getting tense. You know, that's probably not so healthy for you. So, yes, recognize, feel and relax. That little, those three Little words to keep that in mind. Oh, do this and partly those those three little steps are meant to be an antidote to being in conflict with what's happening thinking that you can't this this is not okay this shouldn't be happening to me I shouldn't be this way I have to fix this I have to do something about it. There's all these ways we're in conflict and we're videos just be really relaxed, really simple to to recognize, feel and relax and then we do it again. And as we begin having a little more relaxation, then the world of recognizing and feeling opens up in new ways. If you're more relaxed, you can feel more fully attend spotty doesn't feel very fully. It doesn't feel very rigidly and then if you find yourself to relax and falling asleep, then maybe you need to emphasize something is more energizing like the recognition mental noting And then perhaps when you feel you need to feel, allow yourself to give yourself some feelings which are more energetic, sit up straight, for example, and feel that. So to recognize, to feel and relax. And when we relax, it's interesting to explore what is it you can relax. Sometimes it's the body, shoulders or the belly or something. Sometimes it's the what's going on in our mind, the way we use our attention. We're trying too hard to pay attention to or trying too hard to do the practice. And so you need to kind of relax around the practice. The practice doesn't work too well, if you do too well. To be to try too hard, because it's kind of counter you know, you'll exhaust yourself. It's kind of like running a marathon. All out right at the get go. As fast as you possibly can. You're not gonna get very far And if you just try to do your absolute darkness to be mindful and meditate, be the best meditator on the block. It's not going to work. So but if you can place it doesn't work either. So how do you just kind of pace yourself and just kind of keep stayed simple, stay relaxed with it. So sometimes we have to do is relax the way we practice the attitude we have in our practice, sometimes the very field of awareness and we can feel a kind of a field or a quality of attention, that that can be relaxed. Sometimes the attention itself is it very much influenced or affected by fear or aversion or doubt, or desire, wanting something. So to relax the tension that we have so attention to soft and open and presence.

Relax our beliefs relax our relationship to the thoughts and ideas that we have of what should be and shouldn't be and all that just relaxed to have thoughts so Okay. So you might think of carrying that with you. Recognize, I feel and relax. Great. Thank you