

# 2014-12-03 Recognition

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## SUMMARY KEYWORDS

recognition, pull, act, independent, shore, water, currents, clear, emotions, noting, caught, gravitational pull, gravitational, happening, dry, push, thinking, safe, secure, discursive

## SPEAKERS

Gil Fronsdal

In terms of the practice today, one of the really key central aspects of how mindfulness works is that clear act of recognition to really clearly recognize what's happening in the present moment. And probably can't underscore how valuable this act of recognition is a simple act of recognition. And the image that I have for how this act of recognition works, keep doing it is the images of someone who is in the water. Maybe it's they don't even want to be in the water, but there's no thing some kind of body of water they're swimming and maybe there's a strong pool. Gravitational pole or current or something he wants, he wants to keep you in the water. But then you're able to get a toehold on the shore and you're able to pull yourself up out of the shore and stand in the shore, and look back and see you were in the water. That's the image I have heard the act of recognition that we find ourselves, you know, involved in discursive thinking. Or we were swimming or in the occurrence of strong emotions. And we identified with them or involved in they're caught in them or somehow they know we're pulled into their currents or gravitational force of them. And the act of recognition is to be able to step back up on the dry shore secure, safe place to be and to look back and see where you were see what's going on. Not to deny anything or to reject anything, but to be in a safe place to see what's happening. So this act of recognition is like pulling your out of the water or in a Buddhist analogy, is that pulling yourself out of the mud, quicksand or something, pull yourself up and see. So there's something about the act of recognition saying, this is what's happening. And maybe not even with words, or if statement. But kind of a clear seeing, ah, this. I'm thinking this is what thinking is like, Oh, this is thinking, if you can really clearly see I'm thinking a lot about whatever, really recognize that there's something magic that happens in their recognition. And so that act that did the exploration is to what's that magic? What that specialist what's that pulling yourself out of the water out of the gravitational currents, of discursive thinking or of emotions, not to deny any of them not to push them away necessarily, but not to be in the water but to be up on the secure dry shore on the side but looking at what's there. And we do use the mental noting sometimes as support for this. It's a very simple, one word usually note label, thinking thinking or emotions, emotions are listening, listening to the sound of the plane, just some kind of very simple thing that that's supposed to keep us independent from what we're noting. So we're not in the gravitational pull of it or not being pulled around, pushed around by it, we're not reacting to it. We're kind of like just very clearly seeing it. And that clear recognition, were somehow independent or somehow on the dry, secure shore. And so you might try today, as you go through the practice this morning, to explore and experiment in ways Maybe you've never had before, about the nature of recognition, our our clear act of recognition can work To make it safe for you make you less caught a clear act of recognition makes you a little bit independent from what you know. Or there, you know, you might have to do it repeatedly, just one moment. But oh, here, I'm thinking, I'm thinking that this is thinking, yeah, this is this is really thinking, or I'm really thinking, and you get to kind of really kind of say it, you know, kind of do that recognition over and over until you find yourself kind of beginning to pull apart, pull away. So you don't necessarily you're not necessarily stopping to things thinking continues,

but you're not wedded to it. You're not caught in it. You kind of like oh yeah, you feel yourself somehow. Dry. I sure. So, I hope you enjoy the morning and your exploration. Thank you.