

# 2015-05-06 Practice Notes Notice

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## SUMMARY KEYWORDS

instructions, meditation practice, clear, meditation, talk, teacher, meditate, follow, morning, breath, conversation, minute, practice, arises, committed, wander, evaluate, important, drift, thought

## SPEAKERS

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thing about the practice this morning. It is, I think it's important for anyone who does meditation practice, to be clear about the basic instruction that you're following. Because sometimes you will get a variety of different instructions in meditation. And they have some very general idea of maybe what they're doing. But they're not that clear about the instructions. And they don't take the time to get clear. meditations about you're sitting here and being calm, are being at ease are just kind of relaxing, and which is maybe that's the only instruction you're following. Maybe that's fine. But be really clear about the instructions. I think some people just kind of drift a little bit too much in meditation, not really clear what they're doing. And so one way to get clear about the instructions your thought you follow is to imagine That you're going to give instruction to someone? And what would you tell them? What would you say to them? And what come what will come out of you if you were really being asked to give the instructions. And, but get clear about what instructions you're following. And once you're clear about it, then from time to time, consider how you're doing with those instructions. And that's part of the value of instructions is that you can kind of come kind of evaluate yourself like, Oh, I'm, this is what I'm trying to do. But it turns out that I only get around to doing it every once every 20 minutes when I meditate. And then I want to do it for 30 seconds. You know, I didn't realize that, you know that I'm hardly ever here and present and just I thought I was mine, following the instructions. Or it's like for example, so if your instructions that you follows is being with the breathing you Follow the breath. Then consider well How well do you do that when you meditate, you follow, you know, pretty much every breath or the duration or they're able to follow two breaths, and then you kind of wander off for a minute before you come back. And, you know, how is it, there's no need to judge yourself or feel bad about how you do it and how well you're doing the instructions. But it's it's very important to see how you do in relationship to it. And what happens to you as you understand that, then, you know, how do you respond to kind of not doing the instructions coming back? And how do you find a peaceful way to do it? How do you find a loving way to do the practice? But how do you find a way that's consistent or committed or engaged in it? Are you engaged Are you committed and what's going on for you? So what I'm trying to say this morning is a part of the value of being clear with the instruction you're following. Is, is you can learn a lot about yourself. by how you don't do it. And that's, you know, and so be interested in that, oh, you know, I thought I was doing this, but I'm doing something else. What am I doing when I don't do the instructions? And if you are clear about your instructions, then you can also ask other questions about that, you know, for what purpose and Is this the best instructions for me to follow in and we know is just suited for me. And then from time to time, you can come to talk to a teacher like me and say, and lay out very clearly, this is what I do. This is the instructions I give myself. And then hear what the teacher has to say and see if what questions they ask or feedback they might give. And if you're clear about the instructions, you follow yourself, then you can be in a better conversation with the teacher about it as well. But if you're just kind of vague and kind of going along, and some people who come and talk to a teacher about the practice, some people come to sometimes talk to me about their meditation practice.

By the time the conversation is over, I still don't know what they do. You know that because they're bringing up issues that come up when they meditate. And so we address them we talk about the issue, but I've never learned actually what they do. And so sometimes I wonder Are they really clear what they're doing? So, the message for this morning is be clear about the instructions you're following. And then see what arises from there. Great. Thank you.