

2015-05-27 Practice Notes Thinking

Thu, 9/17 10:30PM • 2:26

SUMMARY KEYWORDS

thoughts, lighten, someone else's, thinking, personally, strongly, chances, channels, practice, notice, involved, relationship, drift, bit, weight, listen, manage, very useful, imagine, aware

SPEAKERS

Gil Fronsdal

To say a couple of words about the practice. He one, I think very useful things to be aware of is your thinking. And one thing you might consider with your thoughts is how much weight Do you give them? How much importance Do you give them? When you have a thought, do you believe that it's necessarily true? When you have a thought you necessarily think it's your thought. It's not only is it your thought, but maybe it is you and you identify very strongly with it. What is your relationship with your thinking? And something that you might consider doing is to lighten up a bit about your thoughts. Don't take them too serious, too. Seriously. Maybe just you know, 10% less seriously, maybe you can manage that. And one of the ways to do that is to imagine that if you hear yourself thinking wherever yourself thinking, imagine that it's really not your thoughts, but it's somebody else's thoughts that somehow the channels got crossed. And someone else's thoughts have come in and just listen to yourself as if you're listening to someone else talk. And chances are if you kind of have a little bit distance like that, you won't take quite as personally your take him as being quite as important. And just maybe just 10% not as important but 10% can make a big difference, just lighten up a little bit and not be so close to them and invested in them. So you might try that today. Notice yourself if you happen to be thinking, notice that and see if there's some way you can lighten up or take them less personally or not be so involved in them. And it's almost as if there's someone else's thoughts. And because they are they can just drift away. You don't need them. Good luck. Thank you