

# 2015-08-19 Practice Note Be Amazed Wow

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## SUMMARY KEYWORDS

amazing, amazed, experience, grand canyon, present moment, mind, identifying, happening, preoccupation, respectful, life, evolution, core belief, caught, thoughts, rim, approach, involved, relaxed, settle

## SPEAKERS

Gil Fronsdal

So one of the big tasks of mindfulness meditation is to learn how to be present for our experience without identifying it densifying with our experience too closely, to excessively identifying means that we're somehow preoccupied or preoccupied is probably a good word. We're so involved or invested in what we're thinking and what we're feeling or what the experiences that our attention keeps going there. And we can't really let go be with the breath distressed in the present moment. Because we're so involved with what the experience is. And one of the common ways of being involved is to identify which means to somehow feel that what we're thinking about or what we're experiencing, relates to how we wonder how we represent ourselves to ourselves. We view who we are in relationship to the world around us. There's some connection to some core, sometimes core belief of self, who I am. And that kind of is entangled with whatever is happening. And so it's not to dismiss identities that we have. But it's the entanglement, the preoccupation with it that keeps the mind from being at ease and relaxed and being able to settle in the present moment in an open, focused way. And so one of the ways interesting ways of helping break the, the pole of identification, the pole of preoccupation with our experience, is to be amazed. To be caught, totally amazed. It's called it's called the Wow. approach to mindfulness. Just like Wow, look at that. This is a mind that's thinking, wow. It's amazing. How did this ever How did the evolution How did the cosmos come to have a mind which kind of just pumps out all these thoughts obsessively? You know, and some of its nonsense. And some of its profound How did this happen? Wow. And even the most inane thing can be like, it's pretty amazing. If you can look at your own mind, your own heart, your feelings your whole life. If you're looking into the Grand Canyon, wow. You know, Half Dome or something you send me outside. It's an amazing phenomena of nature. How could this have happened? 5 billion years of evolution I came to this and who knows, we're like a little, you know that we're like the neck of the hourglass. 5 billion years of evolution comes through you and who knows how evolution is going to evolve. Next 5 billion years after it's gone through you, you know you your life has impact and affects things around you and so forth. We said, amazing, wow. They have this complex computer we know about computers. And our brains are more, you know, more complex than the fastest computers we have. And, you know, how do we have this amazing we have this thing. So, to have the just, just whatever is happening for you. What happens if you meet it with Wow, that's phenomenal. Wow. It's very respectful of everything. But also it's a way of remember not to get too caught by it not being tangled. I just step back and like you're looking at the Rim of the Grand Canyon. Wow. I just thought about what kind of shoes to wear tomorrow. That's amazing. Wow. I just I was having an argument with my best friend. Wow, the mind is that it's a pretty complicated event, memory and thoughts calculations and grammar and English maybe. And, you know, to be able to have an argument with your friend is a very, very complex phenomena. It's like how, you know, how could we even be constructed like that to make that possible? Wow. And if you can't have a wow approach, you can't be amazed there by this miracle this life and being conscious and

what's going on for you, then I hope you can be amazed at your inability to be amazed. Wow. Isn't that something?

And if you do it in a careful way, respectful way, kind of simple way relaxed way The wow approach to mindfulness will probably help you to settle rather than getting excited. And, you know, by all that excitement, being so amazed, there's a way of kind of stepping back, not being so invested or so caught in what the experience is an antidote to being caught. Just step back and open up. And, and, and have that great panoramic view of the Rim of the Grand Canyon, looking at, you know, the rim of your life looking at this phenomenal, amazing thing that you are and your life is. So this morning, see if you can be wild. Thank you.