

# 2015-10-14 Practice Notes Notice Desire

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## SUMMARY KEYWORDS

desires, mindfulness, notice, arises, wise, act, posture, catalogue, walking meditation, thoughts, chuckle, occur, operating, loses, register, hour, charge, opposed, job, bathroom

## SPEAKERS

Gil Fronsdal

A few words about the practice of mindfulness. One of the really useful things to pay attention to, is how a desire works in you. desires can be quite subtle. You know, sometimes we think of desires as big things like you really wanting something. But there's little movements, you know, to want to think. Or if you look at your thoughts that you have, or their desires, kind of fueling the thought that you have, you know, or are their desires operating in the course of like a morning like here that you don't even recognize, that are operating. It could be as simple as a simple adjustment of your posture. You want to adjust, you want to be more comfortable, and it's so automatic to do it that you don't wreck you don't register that there was a desire, desire before you moved. Maybe you don't even record register. There was a desire even after you've moved it. Just that too. is kind of invisible is not in the noticed. And our life is made up of desires, lots and lots of desires. And they're not bad they have desires. We're supposed to have desires if we had no desires whatsoever, it would be a problem. But we want to be wise about the desires, and more importantly than wise about desires, wise about how we respond to desires, desires, lead us or do we lead our desires are we in charge or our desires in charge. And often in human life desires are in charge, and there's kind of we respond automatically to them. And so the beginning of getting a handle on desire is a simple act of studying them, getting familiar with just noticing how they operate, and you might this morning, just notice, in this small ways that you are here to notice the design arises before you act. So if you decide to get tea in the middle of your walking period to do walking meditation, or decided to go to the bathroom in the middle, notice the desire that arises. If you want to shift your posture, if you want anything at all, just notice the desire that sits behind a probably every act that you do. Notice the desires that are kind of behind or underneath probably almost most thoughts that you have. Just notice and what happens if you see it as a desire, maybe just no desire, there's a desire without making a job, that job of it, you might very casually kind of have a catalogue of your desires. If nothing else, it could be very interesting to I've never done this but you could, you could count me desires you have in an hour and when you get to 500 in you know in one hour, then you can you can chuckle Well, there's another one as opposed to, you know, if you don't see how often they occur, each one in the moment just seems like important. It's like this. And But you see, wow, this is a long string of that like this is like 432. And then it loses some of its authority over us. So desire to get a good look at desire and include that in your mindfulness is a really wise thing to do. And in the process of that, becoming wise about desires, maybe then you can wisely Enjoy your desires too. Thank you.