

2015-12-02 Practice Note Not Me Not Self Not

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SUMMARY KEYWORDS

present moment, breath, drifted, staying, mind, thinking, walking, thoughts, moment, mindfulness, present, orientation, motivation, impulse, feet, lose

SPEAKERS

Gil Fronsdal

And so you might as you go through this morning, if you lose, if you lose your mindfulness, if you're staying with your breath or staying present in the moment with your feet walking or wherever you're doing staying in the present, and you find yourself having drifted off and away from it, don't rush back to come back to your breath, or the feet or the present moment. But take a moment. And notice what it is that took you away with what went on what was the movement? Or was the motivation? Or was the impulse what was going on for you? Chances are in some kind of thinking that goes on. And in that thinking, is there any little hints that that thinking is driven by me myself in mind, thoughts of me lots of mine, thoughts of myself. And then if that's the case, then see if you can let go of the thoughts then and come back in the present moment. Without those the weight of me myself in mind kind of orientation. Way to be myself, me myself in mind, kind of thinking. So notice if it's there, if it's there, let it go, and then see what it's like to come back into the present moment in a simpler way. without reference to me myself in mind. There's just walking. There's not me walking, just walking. It's not my walking path that I'm walking in and someone's walking across it. Me Myself in mind, great. I hope you enjoy this morning.