

# 2015-12-16 Practice Notes Noticing What Works

Thu, 9/17 11:26PM • 3:16

## SUMMARY KEYWORDS

nudge, practice, sitting, working, grow, samadhi, distance, jhana, critical, meditation practice, parallel lines, mist, offered, bit, calm, mindful, satisfying, underestimate, mindfulness practice, improve

## SPEAKERS

Gil Fronsdal

And then to say a few words about the practice. I think there's a fair number of people whose default is to be self critical, or to look at fine to what's what's wrong or what's at fault. And then can apply to meditation practice or mindfulness practice. Sometimes it's offered, the teachings are offered with what looks like a fairly high standard of success. be known, be mindful all the time, or, you know, to be really calm and yet quite a mist as you're paying attention to anything. And so if people don't live up to the high standards, they feel that's, you know, critical or themselves that's more material to be upset about. I think a very useful approach to the kind of practice we do is to consider what's working And of course many things don't work. It's easy to find things that don't work. You're not sitting in the fourth jhana deep Samadhi yet. And so that's not working right. So it's in some some category, but don't don't worry about what isn't working so much. But spend more time noticing what is working, that you're a little bit calmer than you were when you first sat down. You've managed to notice a little bit more that busy the mind is and how much you're thinking. If you weren't, if you didn't sit down to meditate, you wouldn't even know that you'd be busy doing things that you're a little bit beginning to relax in your body. That just just whatever kind of look and look and see what's working. What's nice, what's satisfying, and then see if you can improve on the improve on those better benefits. 2% just 2% 2% better than nice. And that if you do that, then you can do 2% more and 2% is seems insignificant. Like it doesn't seem like a very good return on your investment. But it might actually create a foundation to allow the practice to grow and mature much more quickly in the long term. And as I like to say, if you take two parallel lines, and they'll never, you know, always be the same distance from each other from now until infinity, but if you nudge one of them slightly to the side to two degrees away from the other one, at first, you won't see them growing apart, but have enough time, the distance between them will be huge. So don't underestimate the value of 2% better. So see what's working today while you're here practicing walking meditation, sitting meditation. See what's good, what's satisfying and, and then see if you can let that improve or grow or strengthen 2% just little, little nudge. To help in doing that. You'll enjoy your day. Thank you