

2015-12-23 Practice Notes Thoughts

Equanimity And The Holidays

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SPEAKERS

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I'd certainly on my mind that we're in this so called a holiday season. And which is for many people can be nice for many people it's often very challenging as well. And one of the things to say what is the practice have to offer us in these kinds of times. And one of the really important qualities is equanimity. And because and with equanimity, it's easier to maintain our wisdom, it's easier to maintain your compassion or love or friendliness. equanimity is really like keeping the heart open, balanced, so that some of the good qualities we have are available. And one of the many ways of supporting cultivating equanimity, but I wanted to mention one that comes directly out of meditation practice and That is Be very careful not to automatically get involved in your thoughts. Generally people lose their equanimity, when there's some kind of idea, some kind of projection to the future. This means this, this means that something's going to happen. Some memory of what happened in the past. And this, you know, it's usually some kind of world of thoughts. And as we get more involved in this inner world of our thinking in relationship to where we're at, it's more likely that we're going to get triggered into emotions and feelings and attitudes, which may be or the opposite of equanimity. So when we sit and meditate, it's a great laboratory to learn how we do get involved in our thinking, just noticing that is a great thing to do. And because most people don't know how involved they are, and so they just say, Oh, yeah, I'm thinking a lot. I keep getting pulled in and I get certain thoughts, particular themes come up, and I get kind They're off and running with those. So you kind of notice how we get involved. And then see if you can learn to step back, step away or leave it alone. You might not be able to stop thinking what you're thinking. But there is sometimes you can, you can let go. But it is possible to kind of step back, have an overview of it, not pick it up, just let it be there float by, don't identify with it. Don't assume that because you're thinking yet you have to keep thinking it don't assume that because you're having a thought that you have to kind of you know, get swept in swept away with it or go down that road is when expression people use I'm not gonna go down that road around their thinking, and, and learn to learn to kind of in meditation, learn not to get involved in your thoughts not to get entangled with them, not before against them. The thoughts can just come through as they do. You're learning meditation, then you get a feeling what that's like. And then in social situations, you are kind of hopefully familiar with what that's like. And you can notice, stay present enough to notice what goes on in your thinking in the social situation. If you don't notice, then it's easy to get swept away. But if you can stay present it you know, it's easier to be economists easier not to kind of be pulled into those thoughts or believe them automatically or have them get the upper hand. And so it's a way of keeping the heart open, keeping the eyes open, keeping the mind open, staying present for what is without being pushed around by what is without being swept away by what is. So as you're sitting here today, and walking, walking meditation here today, you might give some particular attention to how not getting caught up in your thoughts how letting go of them. letting them be stepping back from them. Whatever works for you, helps you to be more economists

helps you not to get wrapped up by whatever's going on. So in any case, I hope you enjoy this morning.
Thank you