

2016-01-20 Practice Notes In The Flow

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SPEAKERS

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flows continuously. And if you put a barrier across the river, you stop having a river, you have a dam, or a lake or something. Or if you take a bucket and dip a bucket of water out of the river, then walk around, you don't tell people now I have a river in my bucket. Now it's water, a part of what makes the river river is the constant change and flow of the river. So in the same way, our lives are constantly flowing. within us, we have our blood, which is always flowing, when it stops flowing, it's kind of hit for you. And we have our breathing, which constantly kind of is moving. And the cycles are breathing in and out. Occasionally it gets held our breath. And usually when you hold our breath, it's not so healthy for us or good for us to hold breath and get locked into something or fear, desire or some kind of preoccupation. And it translates to the breath holding up. And generally, if we realize that and relax and start breathing, again, it feels more relaxed, in the body more soft. The same thing happens in the mind, the mind can be soft, and flow continuously with thoughts, impressions, and feelings and all kinds of things. And then sometimes we don't we interrupt the flow, we Damn it, or we get caught in it or freeze around it. And one way to do that is they get preoccupied by some concern that we have. You know, and it's you can see it kind of clearly, sometimes in meditation, where we're in the present moment, and then we start thinking about something, and we're kind of locked into our concern, or preoccupied with their concern. And we're no longer in the flow of the present moment, we're no longer flowing along and being present for the next thing that's going to rise here. Now, we're kind of involved or lost, sometimes even in our thought. So the ways in which we know we're no longer in the flow of the present moment is a very interesting thing to study to be aware of. Sometimes it's done by retrospective thinking, you sit here and you have an interesting thought and things are think what was that I thought, and you start thinking about that, or you have a certain sound outside and you start thinking about what was that sound, he's trying to recall what that was like, and other sounds like it and, and you kind of, then you've stepped out of the flow of the present moment to try to remember the past. Or you step out of the present moment by thinking about the future and planning what you're going to have for lunch today or the rest of the day or conversations you're going to have. And you kind of no longer in this river of the present moment, the stream of the present moment. And so it's one of the interesting things to study, be aware of when you do this mindfulness practice, is to notice the difference between being in the flow of the stream of the present moment. And having left it or having frozen or locked or pulled the bucket of something out of the stream. And now you're carrying around that bucket, you're carrying around that idea, that concept of what happened. And you're relating to that bucket rather than present for the next arising the next flow the present. Without retrospective thinking, without anticipatory thinking, without fantasy thinking, but just really available here for the flow, the constant change the constant movement, constant renewing of the moment, as it happens, carrying with us, or buckets. So you might today as you practice, see if you can notice, without any judgment, that's good or bad, it's just what the mind does. But notice, see if you can notice when you're in the present, to kind of flow with the present, and when you've left the present, when you've kind of out of that stream out of that changing flow of things

arising and passing at the present. And just simply noticing that can make a big difference. And what happens to you when you send when you notice that you've left the present moment. It was just that's all just oh, come out here now. And then what happens to you? And Barkley, you're then you're here. So enjoy your day and thank you for thank you for practicing