

2016-02-03 Practice Notes Where Does Your Thinking Go

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SUMMARY KEYWORDS

motivation, wanders, prompting, mind, anytime, mindfulness, paying, present moment, breathing, drive, thoughts, attention, intention, interesting, interested, curious, benign, breath, involved, motivated

SPEAKERS

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It's about the practice. So the primary practice we do here is mindfulness, which means paying attention to what's going on. And there's a lot to pay attention you could pay attention to. And partly, what became very interesting is to start paying attention to the present moment in ways maybe you haven't before two areas of your life, which you haven't noticed. And one interesting place to look at is the intention or the motivation. For whatever you're focusing on. Anytime the mind is paying attention to something, anytime the mind is thinking about something, anytime you're trying to listen to something, or anytime you're kind of in mind is involved in something, there is an intention or a motivation or drive or something that's prompting it to do that. And so, it's interesting, if the mind wanders off, wanders off, he's trying to stay with a breath, for example. And the mind wanders off. When approaches people bring their mind back to the breath, and let go of their thoughts to come back to the breathing. Another approach would be to when the mind wanders off, get curious about that. And what what prompted that what was the motivation behind it? Even most benign kind of wandering thoughts that might come and go, there'll be some subtle momentums motivation desire, something that the mind wants something that's prompting it. And so to just to anytime Your mind is interested in something or involved in something what motivated that? What was the interest? What was the drive? What was the what was the one thing that's there? What was that and, and you don't have to come back to your breathing very quickly. Just get curious about why your mind gets interested in things while your mind goes places. And I think that all kinds of interested interesting things will become a stand up for you to look at. So I hope you enjoy this morning and I hope you enjoy your mind. Thank you.