

# 2016-08-10 Practice Notes Awareness

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## SUMMARY KEYWORDS

awareness, attention, aware, notice, quality, meditation, expectations, hesitating, eagerness, pay, simple, nourishing, embedded, free, challenging, spacious, imc, mindfulness, attitudes, brittle

## SPEAKERS

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One of the useful areas of attention is to notice the quality of your attention. So rather than focusing on what you pay attention to, to notice the characteristics of what it's like to pay attention, so the quality of mindfulness of awareness, and it's possible to notice that there are attitudes embedded in how we pay attention, there might be hesitation, there might be performance issues, you know, measure yourself up against some standards as to be a certain way. There might be over eagerness kind of a pushing or searching or trying to penetrate something and kind of bearing down. There might be expectations embedded that there might be associations with working, anytime someone you're told to do something is associated with work. And it's challenging, difficult, and you approach it very difficult very differently than you would if it was play, or free time. And you're just kind of not even that self conscious about what you're doing, you're doing nice things. Because of self consciousness around being mindful, the awareness, the attention has a quality of maybe of being brittle or tight or forceful, or, or contracting. And sometimes it's possible that the quality of attention is quite feels very open, it feels very relaxed, without expectations without looking for something without hesitating without holding back. Very simple, open, spacious, sometimes it can even feel kind of still. And it is a quite a remarkable thing, to go through life. noticing that you're aware, not just focusing on what you're thinking about what you're concerned about, what you're talking about what you're seeing and what you're doing. But to be aware of the fact that you are aware while you do them, and, and then to notice the quality of that awareness. Without it, what characterizes that awareness, what you bring along with it, what's what might be extra, extra attitudes, extra beliefs, extra reactions, emotions, that go along with being aware. And it's possible to be aware, so that the awareness has very little associated thoughts or beliefs or ideas with it. Awareness can be very, very simple. And in that simplicity, it can feel peaceful, it can feel still, it can feel spacious. They can feel free freeing. So wonderful thing. So to pay attention to the quality of how you pay attention. So as you go through this morning, here at IMC and you're doing walking, meditation, doing sitting meditation, doing going to the bathroom meditation, having tea, meditation, whatever your whatever you're doing. First notice, are you aware, are you paying attention? Or do you get lost in the stream of thoughts and activity? And if you are aware, how are you aware of what's the quality of that awareness? And is there some way that you can make it nourishing for you and nice to be aware of. So I hope you enjoy your awareness this morning. Thank you.