

2016-08-24 Dharmette

Fri, 9/25 6:01PM • 10:44

SUMMARY KEYWORDS

anchor, thought, present moment, drifting, mind, sail, body, wander, moment, stay, mental note, feel, alternative, boat, thinking, word, kindness, feet, throw, wind

SPEAKERS

Gil Fronsdaal

So there's an analogy or metaphor that's used for this practice, particular technique of the practice. And that is the idea of an anchor. So boat out at sea will just drift if it's not anchored. But if you know, if you come in use, you're sailing around or boating around and you want to be stationary for the night or you want to be kind of dressed someplace and not move around, then you throw down an anchor, and hooks onto the ground with a long chain rope. And then you kind of you might drift a little bit around, depending on the currents in the wind, but you don't go very far, kind of then you're, you're there, you know, drift off, across the ocean. I once had a little sail sailing sailing boat when I was a kid. So 13 foot little boat, sailing boat, and I, that got flipped over, and I lost the rudder. And then when I got the boat, flipped up again, there was no rudder to guide me back to shore, but the wind was blowing out and out into the ocean, the sea, like it was getting It was getting dark. Where's this, where's this going to take me. So but you know, you have an anchor, you can kind of throw it, throw it in the bin to stay, stay safe. And then where you are. So the idea is, sometimes it's helpful to have an anchor for mindfulness practice. And one of the common anchors that's referred to is that of the body, your body can be an anchor. So come back to your body. And if sometimes, if you're not grounded or centered or rooted in your, in your body, the mind will just wander off the occurrence of mine, the winds of the mind, which is kind of push you out to see further and further out to see. And sometimes you just you know, unless you have something interrupts you something that anchors you something that grounds you, you know, you can go out to sea, some people go out for sea, you know, for decades. And they're alone, they're lost in their thoughts world. And so to come back in your body and use the body as an anchor to go here, some people find it really great when they're walking, to feel the contact of the soles of their feet against the ground. And that's the anchor, anchor to the present moment, be here, be here, stay present. Some people it's their body, sitting in the pews, feeling their body, their breath against this chair, against the backrest, and just coming back and feeling the physicality of that contact. For people who have great spiritual idealism, it might seem very idealistic, to just sit and feel their butt against the chair, your feet against the floor. But it's a fantastic alternative to having the mind spin off and wander off and sail sail away by itself. So to kind of feel your body come back to your body at over over again. Another anchor that used to and referred to as anchor, sometimes in our tradition, is what's called mental notes. And this is where you use a kind of a thought, a very simple, rudimentary thought, to help you stay present in the present moment, rather than, again, the mind wandering off. So if you find your mind drifting a lot in thought, and often fantasy, or memories, or planning, or whatever, and you, you know, you've been doing that for 10 minutes non stop doing meditation, you can kind of throw in this little anchors into the present moment, to help you remind yourself be here, be here. So it can be as simple as saying to yourself, thinking, I'm thinking, if you can say that repeatedly, in a calm, relaxed way. And remind yourself that in the print and doing that, in the present moment, what's actually happening is your thinking, then you're not going to kind of drift off, unconsciously drift off kind of, you know, you're going

to it's going to keep you here, you're going to reel you in stay here, stay here. Or some people use the I like to use the mental note here. He he just not as a command like you'd do for a dog, but just here.

And it's for me, it's a little grounding or an anchor to this moment here and now. And then I'll say the word here and then I'll just open for the moment to discover what is here. What is here that's present. And sometimes what I discover what I see is a mind. That's out To control mind, it's drifting and thinking of all kinds of things. And then I kind of for a moment, I guess, this is what it's like to have a mind, which is doing a lot of thinking. And just that moment, is I'm not in the thought, I'm not in the current, I've stepped out of it. And I'm looking at it, and know it's happening. And then I have to say it, and then maybe I get pulled into the current again. And then I say the word here again, here. And then I'm back for the moment. So these little techniques of coming back to your body, to your feet, touching the ground, using a mental note, like hear or thinking, or if you're breathing, just, if you want to use the breath as your anchor, you can make use the mental note in your breathing out, or rising, falling to the chest or belly arises as you breathe in, say the word rising, as it falls, say falling. It's a very simple kind of rudimentary kind of thought, that encourage you to stay present. Some people don't like to do these kinds of thoughts and meditation, you don't have to do it. But if sometimes, if you're honest about yourself, you see that's better than the alternative. Because it's so easy to be wander off in thought. And we're so comfortable being in the world of thought, because we're so familiar, that we don't even notice that we're doing it. And it's effortless to drift off in thought. And so we don't even know we're doing it, we don't kind of like talk to as good as comfortable or something or, you know, it's like, and, but it's actually not meditating. And so it might feel like a little bit of work to say, in thinking, here, it might seem a little more work, but it's actually better than the alternative, because it helps you kind of show up, be here be in the present moment. And it works as a counter towards the or breaks the habit of the mind wanting to always be thinking, always drifting off. And slowly, slowly, we stop feeding the strong tendency to think, because many of us have a strong habit to think, and, and we succumb to it so easily. So there's a lot of like, it's like, there's a lot of fuel that goes into thinking. And when you separate the fuel, you remove the fuel, that thinking will quiet down and get calm. So every moment that you step away from your thinking, come back to the present moment, come back to your breath, come back to your body is a moment that you're not feeding your thoughts. And if you do that too frequently enough, relatively quickly, given how long you've been thinking of your lifetime, it's your, you know, your, your, the, your thinking will calm down, settle down, and you won't be so lost in your thought. So to use these anchors to come back here, and then come back here, and as the better alternative than just drifting and drifting and out to sea in your thoughts. Some people use a little bit more creative anchors, thought thought anchors, like mental notes. Some people use ones that suggest kindness, you know, like, kindness to say the word kindness. And rather than drifting off in thought, and you don't have to be kind, you know, that can be kind of a little bit. You can, you know, there's sometimes there's a dictator inside of us to be kind, you should be kind, but, but you don't have to even want to be kind or try to be kind. Just sit there with kindness and see what happens. Kindness, reminder, just break, break the loop of wandering off into, you know, on your thoughts, or love. It's a great one, just titled to say the word love as a reminder to wake up and be here. See what happens. Another little phrase is, it's okay. It's okay. So rather than, you know, maybe it's not okay. But it's probably more Okay, in some ways, then you realize it, you're okay. Or I'm okay. Just a very simple, it's okay, I'm okay. Again, mostly as a reminder to be here. It's okay to be here. It's okay to be this way here, show up, show up. So the idea of finding an anchor, a grounding way of centering yourself here in the present moment that you can keep doing repeatedly, over and over again.

And that the benefit of that is as the mind stops drifting off in thoughts all the time. And that kind of thinking mind quiets down, it opens up space in the mind. It opens up space in the heart, for something else to happen. Rice, they can't arise if we're claustrophobically filled with all our all these thoughts that

we have. And we have beautiful things that are available. We have wisdom, we have love, we have compassion, we have freedom we have peace available. If the thoughts are not crowding the space too much see of anchoring yourself in the present moment, helping the thoughts quiet down feeling of okay. And you know, then something else has a chance to bubble up. So, I encourage you to find an anchor that ups your anchor to the present moment

Okay,