

# 2016-08-24 Practice Notes

Fri, 9/25 6:02PM • 3:57

## SUMMARY KEYWORDS

thoughts, wander, centered, meditation, notice, effect, feels, walking meditation, tug, present moment, body, interesting, losing, bathroom, impact, mindfulness, practice, mind, war, spin

## SPEAKERS

Gil Fronsdal

So it's interesting in doing mindfulness practice, to be aware of what's going on with your mind with your thoughts. And you're not so much necessarily know what you're thinking. But the process of thinking and the impact of thinking is very interesting to notice. And one thing to notice in particular is when thoughts are pulling you away from the present moment, when thoughts are pulling you away from being centered in your body. And it's possible to track that and see that they can. Sometimes if you're mindfulness strong enough, you can see actually the kind of this tug of war between the mind maybe wanting to spin out into thoughts, and the practice wanting to keep you here with the dignity. And the more you can be here, one of the part of this tug of war, this, this balance, is at some point, it feels very satisfying to be here, rooted and grounded here. And it feels like this is the place to rest. And the thoughts are the place to kind of get energized and spin away, spin out. And to feel that contrast between kind of losing yourself or losing touch with your body losing touch with the present, by you've gone into your thoughts. And then the contrast of that coming back and feeling a little more centered here and your body centered in the present moment, connected here. And there's going to be a kind of a tug of war, a play or rhythm going back and forth. And so rather than getting concerned about what you're thinking about the process of the how that works, see how that works, you kind of wandering off, coming back, coming back and being here more fully, and maybe noticing your mind wandering off in thought just a little bit. And then you come back, your mind wanders off a lot, you come back in meditation, maybe you don't wander off that long. But when you do wander off, don't be consistent. Don't criticize yourself, right? Don't be upset. But just be curious to notice the impact that being carried away in thought has had on you. What's that, like? What's the effect it's had, and now that you've been wondering often thought, the effect of how you've been disconnected from yourself are not centered here. There's a kind of loss of contact with the body as a whole at this moment as a whole. So to kind of look at the effect it has in that way, and then come back and come back here, be here. When a few minutes, when we take, start the walking meditation time, or you take a break, go to the bathroom or something. It's often an interesting time when maybe during the meditation, you're more or less here. But notice what happens with your thoughts. When you're not formally sitting in meditation. Some people find that walking meditation, your mind wanders off longer going to the bathroom or getting tea, it's like, you know, obviously, that's not a time to practice. So you just kind of let your mind do whatever it wants to do. And look at the impact that has on your look where how centered you are, how much you're in your body, how much you're in the present moment, to notice how much you're connected to this lived reality here. Kind of all kinds of times the fact that think the effect that thinking has, it's not to criticize thinking it's just being curious and interesting, what is this what goes on here. And I'm pretty confident that as you get the wit and get a hang of this and that you'll find that becomes less and less interesting to be in your thoughts lost in your thoughts. It becomes a richer, fuller life when you're kind of not consumed by thoughts or lost in your thoughts. So hope you enjoy this morning or practice. Thank you