

# 2017-02-01 Practice Notes

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## SUMMARY KEYWORDS

attention, receptive, meditation, deeper, direct, awareness, happening, body, peripheral, experience, thinking, sensations, breathing, feelings, thoughts, precious resource, physical, upwelling, world, relax

## SPEAKERS

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So, to say a few words about the practice this morning, a lot of this mindfulness practice has to do with how we use our attention, both how and how we use it, and also how it's directed. And many times in our lives, our attention, our precious attention is directed to our thinking, such a way that our relationship to the world goes through the filter, or goes through the channel of our thinking. And so we have Attention, attention, sees through the lens of thinking, and then we see the world in a particular way. But sometimes in meditation, you see that you're not even seeing it, the attention kind of stops and thinking. And so we're thinking about things. And we're concerned with things. And even sometimes in the present moment, the attention goes to our thinking, and we're thinking about what's happening in the present moment. And the attention is primarily going towards stories, ideas, interpretations, commentary, what's happening. And meditation offers the opportunity to use the awareness your attention in a different way. And that is not to have it primarily or foremostly, go to the world of thinking. But to have it first and foremost go into something we call direct experience. And often it's a direct experience of our body, our physical experience. And it's very common for meditations to use the breathing, the direct experience of breathing. But the idea is to use the awareness to direct the awareness to, to feel and sense what's happening more directly in physical, immediate sensory experience. So and then there might be thoughts involved. However, those thoughts are peripheral, they're, they're kind of around the edges, as opposed to being at the center of what's going on. And so to that, how we're aware, is, it's very helpful, I think, both to have attention directed to something like breathing or the body, but how is to, is to be receptive. And you know, it takes a lot of stability and takes a lot of ability to stay focused, to be receptive. But the idea is to open up to something in receptive mode, rather than a proactive mode. Often, when we're in the world of thinking in the world of self concern, we're trying to make something happen, we're trying to stop something from happening, we're trying to figure something out. We're, it's kind of we're doing something. And so it's, you know, to say a little bit, it's directed, and their opportunity in meditation is to have to not be doing something to make something happen, but rather to sit and be receptive. And let awareness be an almost like a receptive field, within which the experiences of the body show themselves which they arise and which they, they, they come. And this idea of kind of being in receptive awareness, and sensing and feeling the sensations of breathing, sensing, and feeling the sensations of the body, allows for deeper relaxation, and allows for, it allows for a certain kind of concentration, stability and focus on direct experience, that then we can begin appreciating some of the really good feelings that arise when we start to relax when we start to focus. And there's often a lot more good feelings present, then, we we are aware of, if we're seeing the world through our thoughts, through our thoughts, and they also our thoughts are not neutral, and they thrust can also kind of cast a huge influence on our emotions, our feelings and our attention our body. But if we can have the thoughts be peripheral and attention be central in the body, it allows for what's there in the body to begin to show itself and move and unfold. And really like some something like tensions will begin to relax.

Tightness will begin to loosen, but also some of the flowing sensations of that come with relaxations of flowing sensations of joy or happiness can begin to glow can begin to kind of surface and move through the body. And that's kind of allowing this deeper upwelling of good feelings in the body to arise is considered very, very helpful for the process of really being present. And really kind of tuning the mind and the heart in such a way that we can really see What's happening here we can see deeper and deeper kind of ways in which we are caught keeping with where we were attached, were resisting, deeper and deeper understandings of kind of what's really operating for us. So rather than it being some kind of hedonistic experience to experience, relaxation and well being enjoy and meditation, it's, it's a case, it's meant to be the opposite. Because hidden ism is still kind of contracted around self and wanting some kind of pleasure. But this deeper, letting go letting go letting go. And being receptive can show us more and more in subtle ways, ways in which we interfere with our life, the ways in which we tighten and resist and are attached. So I think kind of remarkable process that, that, that we use attention to have a sense of well being, and to feel it make room for it's, it's not automatic, we can do that. But it's usually much more available to people than they realize, if they can learn to not have thinking as the primary filter for attention for awareness. Attention does go into thinking first and foremost. In a sense, first and foremost, it kind of goes through the body, and is receptive and open and aware of what's their centers and presence. So you might today as we're practicing, you might be attentive into how you use your attention. This precious precious resource does go mostly into the world of thinking. And then through the third thinking is how you find your orientation in the world. What goes on, or is thinking to be more peripheral. And the primary way that attention goes is into your direct experience, physical experience. As you walk the physical experience of the body walking as you sit, the physical experience of sitting. And if it could be physical, then what happens if you become receptive in that awareness? Not directive, but just open, whereas let it come that physical experience and then maybe you'll have a good time. Thank you.