

2017-04-12 Practice Note Interruptions

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SPEAKERS

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And then to say a few words about the practice. The were kind of one of the things we're doing is monitoring ourselves as we're doing, being mindful. So we can see the different how our mind works, how our responses and what we're applying ourselves to do at different times. in different situations, different things are appropriate. And sometimes things are, it's good to kind of monitor a few things at once. So for example, classically, in meditation, there's often is association with being focused or being present for your experience. You know, nominally, you can talk about being concentrated or being present and straight away. And you might need to be stayed with your breathing, you might stay with your direct experience, what's happening here? And but then inevitably, something will happen that will people say distract you from that, or make it difficult to stay on focus. And then one of the things to monitor is how interruptible, are you? or How are you when you're interrupted? Are you you get frustrated because you're trying to stay with a breathing, trying to stay present, trying to do the one activity you're doing at the time, and you don't want anything else to interfere? Or something interferes and you go running off into that get lost in that. Many years ago, I heard someone define enlightenment, maybe kind of rhetorically rather than me literally, was to be interruptible. Meaning that if you're interrupted, and what you're doing, that you're at ease with that. So part of this monitoring of ourselves in the moment, is how are you when you're not the candidate can't continue doing what you set yourself to do. Because something else has interfered, you get stressed, you could contract into your resist it, what are the inner kind of, so we're monitoring ourselves to notice what our reaction is what our responses. So one, on one hand, we try to be focused, be present for something. And the other hand, we try to be relaxed about being interrupted in that focus. And then if we get into if we're relaxed, and we try to come back, then you know, then we might want to come back to what we were doing. Or we might want to stay focused on what has gotten their attention in meditation. So you might be sitting here and you think that you're, you're feeling quite good, quite settled, quite calm. And things are going really well maybe you're writing you're breathing in a nice way. And then your knees begin to hurt. And they hurt strong enough that they've interrupted this wonderful, nice, relaxed space you're in. And so you've been interrupted in your nice thing with you think you're doing. So then you notice that interruption notice that your attention gets pulled away? distracted by the pain, some people might say, and then are you interruptible? Is that okay? With you can be can you be fluid and relaxed? Can you kind of surf with that? Can you be fluid with that. And so rather than resisted or upset or discouraged, this is what's happening. I'm interruptible. Okay, this is happening. And then with whatever wisdom you have, either come back, and, you know, once you've acknowledged didn't come back and continue with your breathing, or perhaps it's your knees that need your attention. And so you can focus on that. So there's this fluidity, there is this kind of monitoring, there is this kind of piece working of wisdom that supports us in staying relaxed supports us and kind of staying present, and learning how to be at ease or free in the present moment with what's going on. And I say that because sometimes in meditation, people lose their freedom in meditation, because they're so attached to getting focused so attached to

their particular idea of what's supposed to be happening in the moment. It's important to be with that. It's also important to be interruptible. And to kind of be fluid with that. But being interruptible doesn't mean you need to gallop off into your thoughts and distractions and wherever is going on. So May you be both focus and interrupted both today. Thank you.