

2017-09-06 Practice Notes

Mon, 9/28 8:41PM • 6:18

SUMMARY KEYWORDS

mind, accompanying, singing, sat, belonging, carried, condemn, observing, present, track, company, important, watch, playing, mindfulness, awareness, heart, highways, byways, present moment

SPEAKERS

Gil Fronsdaal

So welcome to our Wednesday morning sitting here. And I wanted to tell you a little story of something happened when I was my child was a young toddler. He was, you know, pretty young, and he was playing on the floor. And he was playing with blocks. And I was kind of sitting next to him, just watching him. And he was playing, and he was kind of singing or humming along very contentedly. And I was there for a while just observing us and all that, being with him observing what's going on. And then at some point, he, I thought, well, he doesn't need me, I have important things to do. So I kind of slowly kind of pulled away the good news, the important things. And he stopped singing. So then I sat down again. And he's, you know, I didn't think he noticed that I was, they've been there before. But he sure did, he stopped singing. And then when I sat down again, he started singing again. And also kind of far as I could tell ignoring me. So, you know, he knew I was there, he knew I was pressing for him, and maybe making a making a situation for him that he felt maybe safe or connected or belonging, or I don't know what he did what he felt, but so our minds can be this way too. And part of what we do with mindfulness is we accompany ourselves. With awareness, we're present for ourselves. And it makes a world of difference to be present for ourselves. And you don't always know that your mind cares that you're there or not. But actually, your mind cares a lot. And, or your heart cares a lot. And so the so one of the ways of practicing mindfulness.

One of the interesting questions is, your mind's always interested in something. What happens if you track what your mind is interested in? If you don't let your mind be interested in something, without you being right there knowing what's interesting. And so it doesn't, that means that you're not trying to have the mind be interested in something else. or trying to change the direction of the mind. But if you're right there, in that way of a kind of parent might be there with a young child just there present, serving, sharing, being supportive to helping them feel belonging, what happens to your mind, if you are right there accompanying, and you see what's going on in the mind, you watch, the thoughts that come up, and the concerns the ideas, you watch the emotions that come as they come, and they go right there. And I suspect that most of us will find that if we're right there, and actually just track what's going on in a caring way, maybe a loving way. We're not just the fact that we're there, we'll make the world a difference in the mind. If you're there and watch what goes on in the mind and, or the heart and condemn it or think it shouldn't be there or it should be something different. And we try to rein it in and whip it into shape. Maybe that's occasionally useful. But it changes the whole ecology ecosystem of the mind. If it's accompanied, if you're attending with it, accompanying it with awareness so you really know what's going on. And what shifts and changes for you then for one thing, you're you're much more liable to choose what you do or choose what you want to put your energy into and what you want to support. A watched mine doesn't boil, watch mine doesn't get carried away, doesn't go into the byways and highways of the inner life that are not necessarily so nice for you because you've kind of you've been company there's maybe there's more choice involved in where the mind goes then things don't have to

kind of continue that are unhealthy. Things that are healthy, maybe can continue Things that. But also maybe more important than that is that your poor little mind is in left alone to try to figure it out by itself without you right there along with it. And that may be making a world of difference. So, maybe your mind sometimes is a toddler. Or maybe it's grown up, but maybe you'll find it singing more often. If you accompany it, then if you condemn it, or try to beat it into shape through meditation or something. So you might try it today as we're here. You might try to sit and walk and all that and see what like if you not trying so hard to meditate, per se, but you're in the present moment, accompanying your mind company in your heart. Just be kind of going along being really right there. Keep coming back to me right here know what's going on, track what goes on, and see if that's carrying a company. What difference that makes