

2017-10-11 Practice Note

Mon, 9/28 9:47PM • 3:41

SUMMARY KEYWORDS

desires, present moment, meditation, settled, 32nd, agitated, happening, present, operating, thoughts, practice, spinning, recognize, connected, fantasy, notice, meditation practice, intimate, wanders, level

SPEAKERS

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So I think all of you, I trust, recognize that one of the challenges, I suppose, of meditation practice is staying in the present moment enough so that we're really settling into the present in a deep, intimate way. And so certainly our mind wanders off into the future once it wanders off in the past. Certainly the mind goes into fantasy. Sometimes the mind is kind of in the present moment, but it's mostly at a distance, because we're caught up is still in our thoughts about the present moment, a lot of commentary, a lot of ideas, and things like that. So one of the things that's interesting to notice, is when you're not really present, what desires are upgrading. So not what thoughts are operating or what takes what desires are operating? Chances are fairly good that if you're having a lot of desires about the future desires about the past or fantasy, you can probably there's something something going on in the background, or underneath or motivating what you're concerned with. That probably relates to something you're you're wanting, and you won't always see it. But it's interesting to ask, What am I wanting here? What's the desire that's operating here. And it has to do with, you know, so, notice any desire that's happening, that is not about the meditation itself. As you're doing walking, meditation, or doing sitting meditation, just notice that there's other desires, and what are those, and see if you can recognize that in the recognition of it, recognition of it, not be caught in its orbit, and its gravitational pull, just kind of Oh, there it is. Thank you, I see you, and you know, later or something, or I put you up on the shelf or not right now. But to recognize the desire is operating. And if the desires have to do meditation practice itself, then notice some desires, formatted and meditation are appropriate, you know, you want to meditate. So that's good. But notice, if you have desires in relationship to meditation, if those desires are helping you to settle and be more fully here in a grounded, settled way, or the way they keep you kind of spinning in your head, or spinning kind of distance from really being here. So you know, if you want to the desire to be settled, might actually help you remove your settled desire to enter the 32nd, you know, level of meditation by 11 o'clock. That desire, I don't even know what the 32nd level is. But that desire is going to be too abstract and to pull you away, and not really be connected to what's happening and kind of keep you disconnected or more not so intimate to what's happening. So this idea of looking at your desires, what you're wanting, and seeing their role in your life, what's happening and how they keep you away from the present moment. If they are desires about the present moment, do they keep you connected or settled in the present or they keep you unsettled. So in a very simple light touch, don't make it a big study. Don't be agitated about this exercise. But then an easy way as you can about the walking today and the sitting today. You might just keep an eye out for the role that desire has. And that to keep from keeping you preventing you from really being mindful in here in a full way. And either you know anyway, practice. I hope you enjoyed this morning. Thank you