

2017-12-20 Practice Notes Continuity And Ease

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SUMMARY KEYWORDS

continuity, relaxed, continuous, persist, attention, mind, wanders, present, ease, mindfulness practice, relaxation, effort, cook, strain, musical instrument, stay, drift, mindfulness, driving, craft

SPEAKERS

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Practice, one of the important supports for mindfulness practice is the continuity of practice. So it's one thing to remember to be mindful and be mindful for a moment or two when the mind wanders off, and then sometime later remember to do it again. But it's another thing to be able to persist through time. And so there's a continuity over minutes, maybe even longer. So the ability to hang in there with the, the attention, to be awake to be present, in a continuous way. And it doesn't require a lot of effort to be continuous. I think most of you probably have some reference points, something you do in your day of life, where you have a fairly good attention to what you're doing while you're doing it. The it might be enough for the kind of the kind of effort you need for, if you're a skilled driver of a car, you know, there's a continuity of mindfulness of presence of attention, when you're driving, you can't really let your eyes off the road and not pay attention to what's going on for maybe more than a second at a time without maybe something going wrong. So you kind of have this continuity of attention. And we kind of learned some of us to multitask. So listen to the radio or talk or, or, you know, think about the other things. But there is a presence and attention is continuous there, that if you're skilled, it does not have too much of a strain to do it, especially in simple driving. And so maybe there's another reference point you have, maybe you love to cook at home or something. And so when you're cooking, you're really there is no question, you're there during a craft or playing a musical instrument or something. But so the idea is to find some way to engage this continuous and relaxed. And this is the kind of should be almost the mantra of, of how we make effort in mindfulness practice is relaxed continuity, or relaxed persistence. Because when people hear they're supposed to persist or keep going, there's a tendency to want to strain or push or bear down or something. Or to arouse kind of a lot of willful kind of mental energy in the mind, like I have to do this. And that's usually not so useful for the purposes of mindfulness or for the purpose of meditation practice. And the challenge is, if he stays relaxed is then we're drift off too easily because we're relaxed. And so always everything's okay and kind of complacency sets in. And so then the mind drifts off. But how to bring these two together, persistence and relaxations or continuity and being at ease, and it's kind of an art form to learn. And so you have to kind of tune into these two qualities and get familiar with what they're like, Get familiar what it's like to have certain sense of ease or relaxation in the mind. And also some tuned into what it's like to be continuous and hang in there, stay present, and to bring those two together. So one is the continuity is not strained. And the relaxation isn't conducive to wandering off too much. So you might try today is where you're practicing here to see if you can practice continuous, relaxed attention. So see if you can be relaxed at ease. Kind of when you begin walking meditation, for example, see, if you can establish some some sense of ease and your mind and your attention. And then see if you can keep the attention present actually persists or is continuous. It's sustained. So what is it you know what is that extra effort is needed to add to being relaxed, that keeps your present keeps you here keeps you with your legs as you as you do walking or

sitting is keeps you with a breath, maybe something like that. So the relaxed continuity, I hope you enjoy it. Thank you