

2018-03-07 Practice Notes Glass Half Empty Glass Half Full

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wanders, mind, present, present moment, part, process, rhythm, discouraged, movement, meditation, failure, attention, wander, agitated, participate, discouragement, morning, people, settle, nourished

SPEAKERS

Gil Fronsdal

So to say a few words about the practice for this for this morning, what I'm about to say goes a little bit along the lines of is the glass half full or half empty. And that is a very common part of meditation practice is that we try to be present. And then the mind wanders off. We come back, be pressed to be present again. And it's sooner or later, probably sooner, the mind wanders off. And so there's this movement that you know, to most meditators have this movement until the concentration settles in, and we're able to stay present and then how we relate to this movement. how we relate to this phenomenon is hugely important for meditation and it deserves some attention and care to how we participate or how we read asked how we engage in this process of the mind wandering off, we come back, the mind wanders off, we come back. So it's fairly common for people to feel discouraged when the mind wanders off to have some negative judgment, this is wrong. I set myself the task of being present to be mindful in the present moment. And I wasn't so I failed. And that can be you know, some people have dramatic feelings of failure of discouragement, especially if it persists over time. Some people it's short, some people will have a little critical voice and say, Oh, you blew it again, or something in that regard. And then some people might jerk their mind back pounds, their Mac mind back on something like the breathing on the present moment. And it's a kind of a harsh movement. Is the glass half empty or half full, half full would be that when you notice that you're Mind is wander off. That's pretty great. That's a moment of my face. That's a moment of attention. Even better, is the opportunity better, better, but wonderful opportunity, wonderful putting is the you have the ability to start again. And so rather than rather than spending time being discouraged, the mind wander off, you're actually much better off, being satisfied, happy encouraged, that you're able to come back and start again. It's inevitable. Or I'll say this way, part of the process of meditation is to work with this rhythm of the mind wandering off and coming back. It's not a failure. This is though, that rhythm and working with rhythm is part of what helps us to get concentrated and settle in. And we all have to work with this rhythm. And so to work with rhythm in a wise way. One Don't expect that you're able to sit down and just be focused and never leave the present moment. It's part of the process is to wander off, and you're, you're part of that process is to come back. That's what you get to do. And so it tends to work better if you come back and appreciate the fact that you can start again. Wow, here I am. And maybe only here for half a moment. But appreciate that half a moment. It's been more time appreciating than you spend time being discouraged or being critical of having wandered off. Because change that change the proportion of those. And if you do that, then it's more you're more likely to be nourished and fed and supported by the process of then there's a positive feedback for coming back and being present, rather than the negative feedback for wandering off, which is, you know, can actually make us more agitated. It sets up the conditions that we're more likely to wander off and thought, if we keep being discouraged Then it kind of it's kind of an agitated move to be discouraged. So as you sit here this morning and do walking

meditation, you might pay a little bit of attention to how you participate in that rhythm wandering off and coming back. And can you do and do it in a way that is more supportive for the process of ending up present than it is not. Thank you and hope you enjoy the morning here.