

# 2018-05-23 Practice Note Lived Experience

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## SUMMARY KEYWORDS

experience, thoughts, present moment, shift, lived, foreground, center, virtual reality, morning, peaceful, pulled, distinction, grounded, direct, mindfulness, supports, caught, reliving, fantasy, thinking

## SPEAKERS

Gil Fronsdaal

So I'll say a couple of words about the practice here this morning that maybe supports you. And that one of the important distinctions in our mindfulness practice is this distinction between being grounded or centered in our lived experience, versus being centered in our thoughts in the virtual reality of thoughts. Thoughts are always in the present moment, but they have a way of pulling us away from our direct experience our lived experience. For example, if we're thinking about the past, we can get pulled into those thoughts about the past. Maybe we're almost like reliving it or maybe it's like we're not really in touch anymore with what's happening here. Now. Same thing with thinking about the future. Same thing about fantasy, same times, about being caught up in conversations with people or Something. So the world of thoughts, it's sometimes nice to think of them as a virtual reality. If the thoughts are about something that's not here now. And it's also can be kind of a virtual reality if the thoughts are about here now, but are a lot of abstract commentary and judgments about what's here and we're pulled into that world. And it isn't so much that we're trying to stop to think we do mindfulness, but we are trying to shift the attention to so that our our lived experience our we're centered attention is grounded in what we can feel and sense and experience directly. So oftentimes, in our tradition, it's the physical experience. Sitting on the cushion really clearly being in your body, your body is always in the present moment. And to be here with your sensations, your experience your emotions, as present moment experience and So, you know, the lived experience of the moment, the lived experience is only in the present moment. That's the only place you can experience it. So we keep coming back to the presence. But it's not necessarily a rejection of thoughts about other times in other places. It's more like shifting the grounding, where we're like, really at home here. And there might be thoughts about all kinds of things. But if you're here in the lived experience of the present, you have a kind of a sense or clear sense that your thoughts your whatever you're thinking about, you're thinking about them in the present moment. What's really alive and true, in direct in our experience, is the present moment experience, whether it's physical, emotional thoughts, sounds, whatever it is, and to not lose touch with that as present moment experience. And that can shift our relationship to it. Because then we're not kind of lost in it or caught up an area reactions to it. But we're seeing out this is what's happening, this is what's happening. And the more close you can get into the lived experience more close, you're really in it, if that's in the foreground or at the center of what's going on. Surprisingly, the more peaceful it is. And the further we get away from that lived experience of the moment. Chances are, that means we're more drifting off into thinking and the virtual reality of thoughts. And that's a place where it's much less likely to be peaceful. So we're trying to shift the, we're not trying to reject anything per se. We are trying to shift the center. What's in the foreground. The foreground is our direct experience in the foreground. In the center of our lives, life is our live direct moment to moment experience. And the rest of it can take care of itself on the periphery. So anyway, so much Want to explore that this morning? That's a wonderful thing. You're very fortunate to be alive with the capacity to know it. Your lived experience. Thank you.