

2018-05-23 Dharmette Repetitive Thoughts

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SPEAKERS

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So for many people, an important part of mindfulness meditation is to get a handle on our thinking, to be able to somehow become wise about our relationship to thoughts and thinking. And there are some people who when we teach mindfulness of thinking, never realized that they're thinking they just somehow they're so involved in thoughts that it's the idea of turning to it or knowing even their thinking is kind of almost invisible to them. Thinking can have a huge influence on people. In fact, in some ways, how Think what we think about the emotions that go into our thinking, the attitudes that go into our thinking. shape us partly because of the how often we all think the same way. You know, it's one thing to have one thought once upon a time. It's another thing to have the same thought repeatedly the same kind of thought over and over and over again. And it has an impact begins to shape our overall attitudes, our approach to life and understanding what's going on. So if we're constantly having a thoughts that are self critical, it's one thing for me to, you know, have a simple thought, you know, you know, I didn't drive my car very well today. I didn't actually drive at all today. But they didn't walk very well today. It wasn't that they didn't do a good job walking. You know? That's, that's, you know, just a thought maybe So, maybe not. But if I kind of repeatedly tell myself Gil, you didn't walk well, you didn't walk well, you're an embarrassment to walkers. You know you should really figure out a rocking you know, you should really get a walking coach, but you're not and you know, it's just like what a bad Walker I am and bad, bad, bad, bad, bad. That's going to slowly begin to infiltrate and begin to create a mood or it's going to begin to kind of convince the kind of subconscious mind that it's true or, or a Scots are going to feel uncomfortable than having these thoughts. And that discomfort of these thoughts, kind of give them authority or give them value or truth to them. What we think about affects us and how we think affects us. And so we think thoughts of desire all the time, what we want If we have thoughts of responsibility, it's all up to me the weight of the world, this is what I have to do. If we have thoughts regularly of judging and being critical of other people, it might be 100% true that all your wise assessment of people in all your criticism, let's give you the benefit of the doubt, maybe it's true. But the impact it has on you to be constantly thinking that way, the stress of it and the weight of it and how it predisposes you to do that over everywhere you go. You know, there's never a chance to have a real decent wise human relationship, someone else because the mind is always finding the mistakes and what's wrong. What we think because most of us will think frequently, and if you're not only do you think frequently but if you think this frequently the same kind of thoughts It has an impact. One of the purposes or values of this kind of practice is to get quiet enough and attentive enough to start seeing something about the nature of our thinking. And some people are surprised by how repetitive are thoughts are, they had never occurred to them until they stopped, pay attention to be mindful. And they start seeing Wow, I'm having the same kind of thoughts. I'm always critical. I'm always cynical. I'm always wanting something and there's always been a desire as the primary characteristic of my thoughts, or one of the great ones to discover. That is, most of my thoughts one way or the other, are about me. I'm the you know, it's all about me and being safe for what I want or how I'm seen or what

people think about me or defending myself or building myself up or make myself safe and Well, I didn't realize that, you know, I'm limiting the range of my thoughts to me myself in mind.

So some people say they would discover that when they through mindfulness practice, what the aspect of thinking what they're thinking about, and the impact of thinking. Some people get lost in thoughts for so much time, that they're not really present for themselves in a high quality way. And they're not present for the world around them in high quality way. It's kind of like a virtual reality. Or it's having a filter or a film between me and the world around me. And so you don't really see you're not really connected. Some people are pulled into that inner world of thought so strongly that, you know, it's a real distance between them and the world around them. Some people have such strong thoughts that project them into the world and they are in the world but it's with so much projection so much leaning into it and, and energy into thoughts that even though they're connected, it's not really a good quality connection. It's not really knowing the other person because of the nature of that momentum that goes on. So, sitting down to be quiet, sooner or later, in mindfulness, we begin to be familiar with this inner inner activity of thinking. And, and one of the things that can be useful to discover is that it's not the best place to center yourself in to take up residence in your thoughts is one option. But it's kind of like taking residence up residence in a virtual reality, or taking up residence on a TV show. You know, it's not really where the live life is found. And we don't want to to dismiss the value of thinking, thinking is a wonderful, and one of the benefits I've had from this practice is I'm not very, very friendly relationship, my thoughts we get, we get along pretty well. And I kind of enjoy when I when I decide to think or involved in thinking and conscious way, I kind of enjoy my thoughts and they served me well and they're part of my life. But I don't. But I you know, I try not to take up residence in them so I live in them as if that's where the world is. So an idea that I find helpful is the idea of where I live and what's peripheral. So where I live is is the lived moment here the experience here and thoughts about the past, the future and other things are lit valuable sometimes, but they're more peripheral. So an example of where I do this is, you know, maybe being on the computer, if I'm on my computer, that's where you get to a great extent, that's the world of thoughts. You know, I'm thinking about what I'm going to write, write an email or something else. I'm reading something there, I'm learning something there. I'm involved in some virtual reality there, you know, and it's mediated often through thoughts or that inner cognitive life. And it's easy for people who spend a lot of time in the computer to lose touch with their body. You know, because that's the world is just between mediated between the screen and my eyes and this inner cognitive world. So what I find helpful is to take a good posture and I take refuge in my posture, I take Sit up a little bit within reason, you know, in a way I feel connected and grounded in my body. And then I don't lose that, as I'm on the screen. I'm I know. And if I start losing it, I'll come back. And I've asked her, it's just common habit now being in my body being present. And so I feel kind of rooted here. If I can really feel rooted here, while I'm on the computer, then I don't get lost in that inner world, but I am involved in it. So it's like having a, it's like being anchored, stable, or it's like being in a strong wind outside, and really putting your feet firmly on the ground. So you don't get knocked over here that you're here and the wind can go by you. And so you're here.

And so this same thing with that thinking world, there's a stream of thoughts, the winds of the thoughts that come by, and we can get picked up by that way and then be carried away. But then he has to kind of feel like we're grounded here in the lift present. And we're not denying thoughts and we're not pushing them away. We're not allowing them to sweep us away. And so the idea of being grounded in the lived experience of the moment, one of the best places for that is to be in the body. The body I find is one of the best resources for living the same life, for staying present, not getting caught up in thoughts and caught up in emotions and caught up in all the different you know, winds that can come along and, and find some stability here. And, and, and let the life that we live in a certain way arise out of come out of being grounded in the body, or being rooted here in the present moment through the

body, but that to be where it comes from. If our life comes, you know, mostly out of our thoughts if the thoughts are the beginning of our life, If that's necessarily sort of staple, a healthy place to have our life flow, the beginning of our life can be in our body. And there's a wonderful way in which our life begins. Always. Now, this is really now is really the beginning. And so be careful what it begins from. let it begin from being here in a stable, full way the lived experience. Don't let it begin. unconsciously, because you're lost in thought and preoccupied and distance from the lived moment here. It's the living moment, that can be the source of life that is a wise, good life. So we study our thinking, from time to time in meditation, it's included as part of the meditation and so we can see clearly and become wise about it. And we Learn how to be in the right balance with our thoughts not caught by it not attached to them, not pushed around by them, but perhaps making space for a wise thinking. May your thoughts be beneficial for yourself and for the world around you. Thank you