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SPEAKERS

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Then, to say a few brief words about the practice. One of the common areas of life that meditators have to come to terms with understand become wise about is their own thinking. Partly because it's their own thinking where they tend to get lost in thought we get pulled away from the present moment where the mindfulness gets lost. And so how do we what do we do about thinking so that we can really be here in a kind of clear way and awake way mindful way to what's happening in the moment and not being even if we don't get swept away by our thoughts, that the thoughts don't have undue influence on us. We're not somehow caught in their web and, and so we lose our kind of independence from the content of thoughts. And so when you sit down to meditate, or when you do walking meditation, it's not uncommon to discover that the thinking is quite strong. You're thinking about all kinds of things, things that you were planning to think about or things you weren't planning to think about things that you know, that you were, you know, concerns that you currently have in your life and concerns that you haven't had for a while they come pouring in and they can take over and some of them kind of a lot of emotional intensity around them and keeps them going and makes it more difficult to step away from them or to be mindful. So one interesting approach to working with thoughts in mindfulness meditation is don't try to stop thinking. Let yourself let the mind think with the same intensity the same way that it is thinking at that moment, if it's taking you away from the practice. Instead of trying to let go of your thoughts and thinking about you, you know, and stop, think, keep thinking, but turn the thinking, to so you're thinking about what's happening, the present moment to turn your thinking and thinking about your breathing. You know, and you can even, you know, talk to yourself about my breathing is this way now, and this is 100 breath is and I feel it this way. And it's true, you know, it's a big breath and a small breath. And look at that, you know, I wasn't there for the end of the outbreath. And I missed that and look, that's interesting. And then here comes here comes the beginning of the end breath. Yep, there it is. It's kind of like your you know, you can be like a sports announcer you know, for your own experience of the moment. Oh, yeah. Now I'm having a look at that. Now. I'm having difficult thoughts and now I believe my thoughts and whatever, you know, So just kind of, but but start to having your thinking. be focused on the present moment and then experience With your thinking to make it as neutral as you can without, you know, there's no you know, no judgments and no criticism about what's going on or no favoritism and you know, your experience, just kind of like just start thinking, if you can't stop thinking anyway, then join in, join it, right? Can't beat it, join it, they say right. So just join your thinking but then then your job is just kind of keep pouring pour, use your focus your thinking on the very thing that you would be mindful of if you're a mindful. And don't worry about how you're thinking about it. And if you're the if your thinking is in paragraphs, it's okay. But think about what you're trying to be mindful of. So if it's the breathing, if the steps as you walk, if it's, you know, whatever it might be. And, and that kind of corralling the thoughts and focusing on what's useful and what, where the practice is supposed to be. It might settle things down. In my kind of, you know, and so it might be too high of a bar to expect that you can stop thinking. It just might be that the energy and the momentum of thinking

is so strong, that you can't really stop it like that quickly. But so just channel it into the present moment and think about the present moment contentedly and all those thoughts and thinking about something you know, it's much more wholesome and probably more productive and more useful to think about where you're mindful, you know, what you're trying to be mindful of anyway. And then might settle things down and quiet things down and the other preoccupations might settle away. And then at some point, you can maybe not think about what you're mindful of so much, just be mindful. And enjoy your morning here. Thank you.