

2019-02-06 Four Other Words

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SPEAKERS

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To say a few words about the practice. The basic practice that we do here at IMC is mindfulness. And it's interesting to consider that in the teachings of the Buddha, there's a whole series of other words that are near synonyms for mindfulness and come along as part of the attentional practices of Buddhism, the practice of bringing attention to our experience. And it's interesting the, to consider these other concepts or words for whether perspective that cast on how to be mindful How to Be aware, to pay attention to mindfulness practice. And there's four words that I'm thinking about. You don't have to remember the Pali but there's *yaniso manasikāra*, there is *appamāda* and there's *ānāpānasati*. And there's *pativediti*.

So these four, the first one Bhikkhu Bodhi, who's a famous translator of these texts in English, or maybe most, you know, the most work and doing this translation. He translates this as careful attention. And I love the idea that it has a word careful in it, that there's a way of caring, being careful, be of caring, to care to be caring to be careful that maybe it can be brought into how we're being mindful. Can we be mindful in a caring way? Can we be mindful as if we're being careful? You know, you can pick up something carelessly, or, you know, or you can pick something up. It's clear that when people watch you pick something up, you're doing it with care and careful. And those two words mean something slightly different. Now, careful means you know, trying not to drop something or something but you with care means that what you're picking up is valuable and important. So when we do mindfulness practice, can we have these qualities of care and carefulness that somehow is embedded or comes along with the act of paying attention? So you do walk into meditation, it's not just kind of dutifully paying attention or bearing down on the feet as you walk to be mindful or with the breathing. But as with paying attention, these simple things in the present moment, can there be a quality of care and carefulness? We're careful of what's there. We're careful with ourselves, and we're caring, there's care that goes into it.

The second word is *appamāda*, which is translated in a variety of different ways. But one common translation is vigilance. Which I'm not sure that's but the one that I like that sometimes use that in English because it has part of the connotations of the word is the same word escape carefulness, so to have carefulness in the attention. So it's, so it's kind of similar to the first one.

And then with those two qualities of care, caring, carefulness, the third word is *ānāpānasati*, which means to observe. And, so to bring these together, to observe, kindly, to observe, in a caring way, in the way we use our eyes, or our metaphorically, they inner inner sight. Can we have a quality of care and carefulness in that? And it's a very interesting sometimes they notice how we're looking at our experience. That's the metaphor we use. And sometimes it can be quite intense and bearing down and

tightening up and straining, but to gaze kindly on our experience, to gaze in our experience the setback And watch and watch in a kind way in a caring way. What would that be like?

And then the last word, maybe the most intimate word is *pativediti*. And this can be translated into English as to experience if we understand experience to mean to really feel something to sense it. So and then direct moment to moment experience immediacy, how is it? How is the direct experience feel like in our body? What's the embodied experience of something?

And so here also, how do we experience something? How do we feel something takes something and not just with our eyes, which is a little bit removed, perhaps, but how do we allow something to really touch us? So that touching and feeling experiencing that there's a caring carefulness? If we do walking meditation, how are we touched by the walking? How are we experiencing the kind way? How do we gaze Upon kindly, how can we be careful, have a careful attention if we do the walking, what would that be like? So as you do your practice this morning, you might see if this idea of carrying or carefulness is a useful one that you can bring it to bear and on the situation and whether that kind of brings a golden, more engaging and supportive quality to the mindfulness practice you do. So the mindfulness practice is not something that's dutiful, kind of the technique or, or something. Yeah, but it's something that has something really connected to your heart, caring and being careful carefulness. So I hope you have a caring morning. Thank you.