

2019-06-05 Practice Note: Clear Mind

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experience, meditation, sitting, clear, dance, psychophysical, word, settle, walking meditation, opening, fact, present moment, few brief words, receive, meditate, important, walking, captivating, good intentions, talk

SPEAKERS

Gil Fronsdal

To say a few brief words about the practice, sitting and walking meditation you'll be doing this morning. It helps a lot when you engage in meditation, to be really clear in yourself, that this is what you're doing. And it's easy enough, especially if you do it regularly, to sit down with good intentions, and this is what you're going to do. But you're only kind of there. Because the mind has important things to think about. The mind wanders off about other concerns, and then in a sense those other concerns or where the mind goes because for the mind, those are more important or more captivating or more interesting or something. But the more we're clear that I'm here to meditate, this is what I'm doing. Then, you know, and really kind of, you know, make a conscious, choice constant intention, like yes.

In fact, saying the word yes is very powerful. And if you say to yourself when you first sit down or if you need to later in the sitting, yes, I'm here to be present. I'm here to be in this moment with this experience. I'm not here to be thinking about tomorrow or yesterday or something. I am Yes, I'm here. And, in fact, sometimes at the beginning of a meditation session, it's useful to actually talk to yourself a little bit and give yourself a little talk about, you know, this is where I am, this is what I'm doing. Yes. I'm going to be in the present moment with my experience at this place at this time, in this body, through this body. Yes.

And the Yes, I see is a very powerful word. It is almost like a ritual of kind of like in the Yes, it's more than just a word. It's more like your whole psychophysical being is kind of like opening and settling at the same time. Kind of like you open your arms wide and to receive something. Yes, I'm here. Yes, this is what I'm going to do.

If you're walking meditation, yes, I'm here to walk. And to be my experience. Yes. So almost like the yes is an invitation to receive the experience or the yes is a opening to be with it. Or maybe it's like someone just asked you if you'd like to dance with them. And you said yes, and the most gracious and open and receptive way. And what is offered to dance with you when you meditate is reality. Reality has invited you to come join me and take the dance with me. You stepped forward into it. And you're here clearly for this moment, this experience. And if you need to do that, yes a few times in the course of sitting or the walking meditation, so that you can become clear, this is what I'm here to do. Maybe that'll support you and help you settle in and be more fully here with experience. May the movement of Yes, support you and being present.

Thank you