

2019-08-21 Practice Note Mental Noting

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SUMMARY KEYWORDS

mind, entangled, present moment, happening, mental note, mindfulness practice, recognize, thinking, recognition, breathing, thought, noting, experiment, savoring, ache, mental, heightened, simply, brightens, present

SPEAKERS

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Some of you know that one of the tools for some people very important tool for mindfulness practice is called mental noting. And mental noting is, is a more emphatic way or more more intentional, conscious way of utilizing what's inherent in mindfulness practice. And that is continual recognition of what's happening in the present moment, being not just simply being present. But there is the mind's natural capacity to recognize to know very simply, what's happening as it's happening. And sometimes by giving admit, using his mental note, to recognize name, what's happening, it kind of brightens the mind kind of brightens and supports the capacity of the mind to really stay in the present moment. I think of it sometimes as giving the minds thinking mind something to do that has helps you stay present, because an idle mind will wander off in thought and get caught up. And so for example, if I'm with my breathing, I might just use the mental note in as I breathe in, out as I breathe out, or rising as the chest and stomach rise and falling as it falls in the breathing. For hear a loud sound, I might say to myself hearing, very simple, I don't have to analyze exactly what I'm hearing but just hearing that's what's happening. If I have an ache in my foot, I might just say ache or pain or something. And, and sometimes people will pay attention to the tone in which they make the mental note. And that'll indicate that they're a little bit entangled with what's going on. So if I've painted my foot and I say, Oh, hey, I'm entangled. Or if there's a really pleasant sound Oh, here You know, if I hear myself kind of my inner inner mind saying that then I know I'm kind of, you know, savoring it and little bit more entangled. So it is to keep it kind of neutral in a nice way. So what I'd like to recommend for this morning as kind of an experiment for you on mental noting is to do some people will only do a mental noting for particular things that arise. Rather than using it for everything in the present moment. There's some things that they find it very effective to name or use a note to single one word note, to acknowledge or recognize particular things. And, and one of the ones that can be very useful is to recognize when you're involved in thinking, and then just use the note thinking. It's kind of like admitting that you're, you know, and actually, I didn't I thought I was present but I'm actually thinking and So, you know, mind wonders often thought as soon as you can kind of have a heightened attention this morning on when the mind wanders off to just recognize that and then name it or thinking. And the idea is that that the recognition, the mental note has some clarity to it. It isn't just casual. Yeah, I'm kind of thinking. Yeah, there's some thoughts there. It's like, yes, this is thinking. So there's really a clear acknowledgement off. This is thinking, but not with any force. Not with any strain. But we're the kind of almost like you clearly open the windows or open the curtains and could see what's there. Oh, thinking Ah, without any sense. Any idea if you can, that you should be any different without any idea that that's bad. wrong or you shouldn't be doing that. And the idea that, you know, you, you're supposed to come back to your breathing or something. And the experiment is, what happens to you what happens to your mind what happens to your thinking, if all you do, is clearly recognizing it with a note, oh, that's thinking. That's thinking, thinking. If it goes away, then you can come back to your breathing or something or two steps as you do walking.

But if it doesn't go away, just be content to find that place of clarity keeps coming back to it that's thinking, and you know, that it's clear, clear recognition. When that part of your mind that recognize is not involved in the thinking. It's not like you know, thinking about the thinking or gets swept up, you're really kind of like stepping back and looking at it from a distance out. There's a thinking mind without any for or Against picking anything up or pushing anything away. Simply the what happens to your mind? What happens to you, when you have this simplicity? May I dare say that word purity of simple recognizing that this is what's happening, thinking, thinking, there I am thinking, and that's the experiment. See what happens. What do you learn about yourself and what do you see? You know? And then hope you enjoy it. Thank you