

2019-10-16 Practice Note Yes Or No

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SUMMARY KEYWORDS

present, practice, excessively, swept, helps, mind, meditation, experience, pulled, stiller, place, closed, antidote, awareness, nice, satisfaction, diversion, happening, attitude, interested

SPEAKERS

Gil Fronsdal

And then I'd like to say a few words about the practice of mindfulness practice. Some of you were here last week, and I talked about the practice or the attitude of saying yes to what's happening in meditation just. And that's a nice antidote, when there's a version to what's happening, when there's some inability to kind of connect to it, or we pulled away or we closed down around it, or we're excessively dismissive of it or something. But to learn to kind of in the mind, awareness to just open and be present for things. Hey, yes, just kind of, Okay, I'm here this is not closed down, but rather kind of step towards it in a sense and offer the our presence or awareness to be with it. And that's a nice practice. It's a beautiful practice to say yes. And sometimes the beautiful practices to say no and, and sometimes the mind is excessively intense. Interested in its thoughts? It's leaning into them wants to be involved, there's pleasure there or there's some kind of satisfaction there or some kind of war that needs to be fought there or something strong is going on there. And, and that strong interest that pull the mind has to go into that world. You could say yes to it, if that yes helps you to quiet the mind down. But sometimes it's more effective to say no, I'm not going to do that anymore. No. And that no, it can be very loving. And ideally, it comes from a place of love or warmth or even generosity, just kind of not diversion. But sometimes when there's a lot of when you start getting present in meditation, and it's it's feels good to be present and not wandering off in thought. It is it can come from a place of love like this is a good place to be. I don't want to be aversive to anything but But I also don't want to get swept up in that. And it can be very effective. Just saying No, not now. No. And so some sometimes it's the practice of yes, sometimes a practice or no, sometimes the attitude of yes to experience sometimes the attitude of No, whichever those attitudes are away, helps the mind get quieter Stiller and helps us to be present for our experience. And that's kind of the litmus test for this is it helping me be present and really to see and connect with my present moment experience in a way that the mind is not rattled or spinning or thinking a lot and just really present in here with us. So if you're interested in this, you could experiment today with the loving practice of No, and help see if that helps you to stay connected to yourself and present for your experience and present for yourself in a good way that you wouldn't be if the mind kind of gets pulled into swept into the currents of things. to easily So, thank you