

2019-11-27 Practice Notes

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SUMMARY KEYWORDS

awareness, breathing, aware, mindfulness, apply, attention, mind, distracted, thoughts, manifest, allowing, redirect, natural, cork, dam, application, flows, geyser, surface, released

SPEAKERS

Gil Fronsdal

So I'll just say a few words about the practice that we do. You know, the core practice is mindfulness, the use of attended attention, to be present with what is to be attentive to what it is to be aware of our experience, in a clear, open way and generally when people think about mindfulness has taught especially to beginners, it's taught more as if it's an application of mindfulness, application of attention. You apply your awareness to your breathing, you apply your awareness to your feet walking as you're paying attention, then the mind might be quite unruly or might have its own ideas of where it wants to focus. And so it's kind of redirecting the mind from its distracted thoughts. to focus on the feet as we do walking meditation or and the breathing may be as we're doing sitting. And so it's directed that way. There's another way of doing mindfulness practice that doesn't involve the active or intentional application of attention. But rather, it's the allowing of attention to manifest itself. That we have a natural capacity to be aware. And just you know, it's kind of hard to get used to not be aware. If I jump up and down and scream at you all and say stop being aware of here too frightened by me, maybe you would. You would not notice anything about your awareness. You just want to get away. But if you know it's really hard to Intel's you stop being aware to turn it off. It's just that's not something can be turned off. But because we get pulled in To distracted thoughts, the sense of the sense of conscious mindfulness knowingly being aware disappears into that these black holes of our thoughts but rather than applying our thinking is to open up or allow awareness to manifest so if we're distracted a lot and thought maybe let go of the thought but don't then redirect the attention to the breathing but rather allow in that space with the thinking anymore. Welcome the awareness back or allow it to surface or bubble up or show itself a little bit like maybe if there was a cork on a national on a geyser and I think that's the best example and you know like a geyser right Yellowstone and us took off the cork and water just flows out. Are you are you released water from it? Madame that water just flows down the river. There is a way in which awareness being a natural thing that we do, doesn't need to be applied in order for it to work. It'll work regardless if you apply it or not. If you get out of the way, if you clear the space for it, and then it's very interesting if you just allow yourself to be aware. See what comes into that awareness. See what surfaces and arises, what comes. If the waters released from the dam, then we just see where the river wants to go. What direction it goes. If we release the dam of our awareness, where does it go to? Does it go to the sounds of the traffic? Does it go to the sensations of the body, and how does it shift and how does it move and this idea of allowing awareness to bubble up to make space for just keep getting out of the way way, not applying it, but allowing it to flow. In that process, if you're sitting still, sometimes there's a natural movement, to be cut for that awareness to become aware of whatever is happening, that's coarsest. That's loudest in a sense. And if the mind is somewhat quiet, then the baby the biggest experience of the moment is the breathing. And the awareness will kind of encompass the breathing and sometimes you can get quite concentrated in the breath because it's the biggest movement that's happening. But it's not directed to the breathing. It's more like the that's what's surfacing in this field of awareness is there.

So if this is interesting for you or understandable for you, he might be interesting to experiment today. here and to have the practice be opening to awareness or allowing awareness or clearing the feet so awareness can, the natural awareness can just be there and then see what you might follow then without doing that the work of applying or directing but if your mind is really out of control with thinking minds really out of control and the allowing yourself just to mental awareness manifest just means that you just get lost and just confuse thoughts. Then you might want to apply your attention apply to the breathing that cut through that distracted thoughts. I hope you enjoy the morning