

Practice Notes: Stopping

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Just a couple of comments or notes about practicing this morning. I think yesterday, Monday or yesterday, Monday I was driving around in the late afternoon on El Camino and there seemed to be much more traffic than usual. I think this time of year there's kind of frenetic energy sometimes, people doing shopping or doing something.

And I, and so I don't know if you're happily, stayed independent and free of the season and what people are doing. But in case you're not, one of the wonderful principles of doing this practice is the idea of stopping. Stopping frenetic activity. Stopping frenetic thinking and wanting and figuring out. Just kind of quiet down and stop.

And the idea of a radical stop, just really let something cease. Because of the forward movement of the mind, the spinning of the mind, the wanting of the mind, the wanting to accomplish things or get things or to be someone or prove something or to become someone or to fix the past. It's a phenomenal peace is waiting for us if we just stop.

And part of mindfulness practice, walking meditation, sitting meditation, being with the breath, is supposed to be a gentle reminder, a gentle encouragement to stop the busyness of the mind. And maybe you can take it that way. Each step that you step when you're walking meditation can be a reminder. Just let go, stop, be here. Nothing needs to be done.

And if you're doing sitting meditation, every breath can be a reminder that nothing more needs to happen right now except breathing. So this idea of stopping, maybe that can be a reference point for how you go through the morning. Thank you.