

Practice Notes: Thinking Less

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May 21, 2025

Keywords: mindfulness, present moment, meditation, quieting the mind, thinking mind, clarity, walking meditation, bias, desires, rest in the body

Thank you, support you today. There is a huge emphasis in our tradition of a simple, mindful recognition of what's happening in the present moment. But one of the purposes of that is to support your thinking mind to get quieter. And one of the purposes of having a thinking mind get quieter is so you can have a simple mindfulness of the present moment. So they kind of support each other. And ordinarily, many people are thinking a lot.

So much so that the way that they view the world, see everything themselves, the world around them, people, is usually through the lens or under the influence of what they're kind of spinning around in their thoughts, their ideas, all that. And there's bias and desires and fears and all kinds of things that kind of get overlaid in how we see the world, how we see ourselves. Right. And then as we quiet the mind enough, it doesn't mean we have to stop thinking entirely, but the thinking is quieter, softer. And so we start seeing, knowing ourselves and knowing what's around us, with greater clarity. We see things for what they are, rather than seeing them with how we project our concerns and judgments on the situation.

So this quieting of the mind and kind of coming, and one of the ways it supports that, is to find yourself at rest in your body and have an orientation to meditation, that the orientation is, let's not spend a lot of time thinking. We don't have to fight your thinking. It's not wrong to think. But let's orient yourself to being calm, to being settled in such a way that it's kind of like you're getting cozy here in your body and your felt sense. Like, okay, like maybe it's a little bit of a cool day and you put a nice blanket on and you just sit in the couch and it feels really cozy to be here. Is there some way to settle yourself when you're sitting in the hall, when you're doing walking meditation, that orients you to kind of a cozy feeling of being really here that supports the thinking mind to become quieter, as opposed to taking your precious life energy and using it to fuel more thinking.

So don't just become a better thinker when you meditate. Become a quieter thinker, a calmer thinker for the purposes of seeing more clearly the present moment. So that was a mouthful of a lot of ideas, but hopefully some of them will support you for this day, especially if you can allow your thinking mind to have a bit of a rest when you're here, a vacation of sorts. Thank you.