

MEDITATION TRAINING MODEL - UNTANGLING SELF

WANDERING MIND

In its natural state, the mind is uncontrolled and free to wander, shaped by bodily sensations, sensory clues and internal habits that are largely outside our conscious awareness. We generally daydream about the past and/or future and have difficulty welcoming the present moment.

FOCUSED MIND

Here we decide to sit with our backs straight, placing our attention on a particular object and holding it there with some steadiness, in one pointed attention." We focus on bodily sensations and harness the mind, directing it consciously and intentionally. When it wanders, we gently return our attention to the breath, using it as an anchor.

AFFLICTED MIND

Quite often we experience various unpleasant and disturbing emotional states. Perhaps it is in some form of restlessness, agitation and turmoil, or annoyance at sounds, recurring thoughts, or bodily discomfort, which can rage out of control and inflict suffering.

MINDFUL MIND

At other times, when the mind is focused, an emotional attitude of mindful equanimity arises. Then the awareness feels soft, tranquil, trusting and gentle, and at the same time light, alert, flexible and clear. We are evenly poised in the middle between aversion and grasping, neither favoring or opposing what is happening in the moment. The mind can begin to see things as they actually are, rather than superimposing storylines.

WISE MIND

This creates the conditions in which wisdom can arise. One is able to observe viscerally impermanence, unsatisfactoriness, and selflessness of ordinary experiences, in such a way that deep unconscious patterns and structures of the psyche are transformed. The underlying tendencies towards greed, hatred and delusion are diminished, while kindness, generosity and compassion are strengthened.

With skillful means and continuous practice, we can drop into the ground of being, gaining more insight into the nature of things and extricate ourselves from difficulties.

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