

Meditation 2 Week 4

Remind people about focus and broadness.

Discuss practice in small groups.

In real life, how can focus and broadness be useful?

- In music listening to one instrument among many
- Keeping perspective about emotions
- perspective about people – things like and don't like

How could you apply focus and broadness in metta bhavana?

- think of one person in group of people
- less distinct boundaries between stages
- appreciating yourself through time

Do metta bhavana applying these ideas.

Becoming more familiar with mental states

What happens when you meditate? What mental states come up e.g. sleepiness or irritation. Going to meditate with aim of discovering as much as possible of what is happening.

- Taking a few moments to get an overall sense of how you are being right now, any thoughts that might be present or feelings or sensations in your body.
- Having an intention to be more fully present with your actual experience in this moment, as best you can just enjoying and appreciating being here, becoming more aware of *however* you are.
- Bringing a friendly attitude of curiosity, attitude to whatever you experience as you move towards cultivating a more relaxed, alert, and calm state of mind.
- Now attending to how you're **feeling** at this moment, developing a sense of your emotional experience, being open to whatever you're feeling, whether up, down, or in between.
- As best you can bringing a kindly, allowing, attitude to whatever you are finding or not finding as you are exploring your emotions.
- Perhaps imagining your feelings to be water. Is it warm or cold? Is it still or choppy? Is it clear or muddy? Does it have any plants growing in it?
- Becoming more aware now of the **sensations in your body**, perhaps feeling the contact of your body with the seat or the floor, and having a sense of sitting here in a relaxed and upright position.
- And now, for a couple of minutes, bringing your awareness through the whole body part by part, beginning with your toes and feet, noting any sensations or absence of sensations in each part as you scan through...and concluding the body-scan by resting here with an awareness of the whole body...
- And if your attention wanders while you are doing this body-scan that's perfectly ok, just noting briefly where your attention has wandered to; perhaps noting 'there's thinking' or 'there's feeling', and then gently bringing your mind back to continuing the body-scan...
- Now, having a sense of your whole body sitting here in a relaxed, dignified posture...
- And allowing your awareness to settle more fully on the sensations of your breathing.

What mental states came up in this meditation or others you have had?
Answers on the flip chart.

Try to group:

| Characteristic | Negative aspect | Positive aspect |
|---------------------------------------|---|---|
| Too much energy | Restlessness, worry, anxiety | Energy, alertness, dynamic, inspiration |
| Too little energy | Lethargy, sleepiness | Relaxation, calmness, peace, |
| Attraction to things, including ideas | Craving, desire | Enjoyment, interest |
| Repulsion | Annoyance, irritation, aversion, self-criticism | Interest, protecting a value |
| Doubt | Self-doubt, doubt in practice | Questioning |

Also may be some neutral states such as sadness.

Talk about the characteristics of each. Allowing each one to be your experience – noticing your tendencies.

Simile of bowl filled with water and used as a mirror.

| | | |
|--------------------------|----------------------------|--------------------------|
| Sensual desire | water mixed with dye | colours one's perception |
| aversion | water boiling | one gets heated |
| sloth and torpor | water overgrown with algae | stagnation |
| restlessness and anxiety | water stirred by the wind | tossed about |
| doubt | dark and muddy water | obscures |

Can identify them as Greedy, Grumpy, Sleepy, Anxious and/or Dubious.

Story of car tyres being stolen and woman who went out and bought herself a new pair of pyjamas.

- buying new pair of pyjamas – sense desire
- getting angry and kicking the car – aversion
- needs a nap before can do anything – sloth and torpor
- starts worrying that maybe the car will go next – restlessness and anxiety
- blames herself for where she parked and doesn't know what to do - doubt

Diaries