

Practice Note: Three Questions

Transcribed and edited from a short talk by Gil Fronsda1 on February 6, 2013

I think that sooner or later, anybody who meditates becomes aware of a wandering mind. Usually it is really soon [laughter]. The mind wanders off into thoughts, and is unable to stay in the present moment in a strong way. Sometimes, in noticing that, it is interesting to ask yourself three vipassanā questions that can really help.

The first question: In order to be present, in order to really be here, what has to be acknowledged? Generally, when we ask that question, there is something in the present moment that is being overlooked, or is not being included.

The second question: In order to be present, what needs to be accepted? Sometimes people are fighting what is happening in the present moment, or they are denying, or are unwilling to look at something. What needs to be accepted? Maybe it is the wandering mind itself. I don't mean accepted in the sense of "Go ahead and do whatever you want," but accepted in a way that you are not in conflict with it, and you're also holding it with attention in a caring way.

The third question: In order to be present, what needs to be let go of? That is sometimes the most interesting question, because you might have an answer, but having an answer doesn't help. Then it becomes a process of reflection, looking more deeply into what you believe is important, and why it is important for you. What is going on for you that you can't let go? If you do that in present moment time, by really staying present with that question, not analyzing it in some historical way, then you will find yourself in the present moment, rather than spinning out with the wandering mind.

What needs to be acknowledged; what needs to be accepted; what needs to be let go of? – the three vipassanā questions. Maybe at the right time you can ask them.

Thank you.