

Practice Notes: Discovering Something Better

Transcribed and edited from a short talk by Gil Fronsdal on June 29, 2016

One of the useful skills in doing meditation is to track your thinking just enough to know that you're thinking – not to be too involved in it, just enough to know and recognize your thinking. That simple recognition will give you the ability to let go of your thoughts and focus more fully on what's happening in the moment. The simple recognition that you're thinking can be helpful because you can consider whether what you're thinking about is useful. Is it really helpful in this moment to have those thoughts? Do you need to believe what you're thinking? Do I need to think what I'm thinking about right now? Is this the time for it? Are there better things to do than to be thinking about this? Very simple questions like that can take away a little bit of the authority that we grant our thoughts.

You might not realize how much authority and investment you give your thoughts. We often think that they're important, and that you're going to solve problems, deal with issues, provide satisfaction, or provide entertainment. To have the simple realization

that you might not really need to think about this right now can be really helpful, because then it can be easier to just come back – to come back to your breathing or to the simplicity of walking in doing the steps.

Developing a little bit of wisdom and understanding when you're thinking that you don't really need to think what you're thinking at this moment – that is very, very helpful and effective. As you go through this morning, you might periodically ask yourself or recognize your thinking and question yourself: *Is this really necessary right now?*

There might be issues in your life that are necessary to think about, but maybe not necessary to think about right now. Maybe there's something better to discover if you're not thinking about your issues, and the better thing to discover may be that just being present, being here in this moment, this breath, this step, the simplicity of just being here, sometimes is a much richer world – a three dimensional world compared to the two dimensional or one dimensional world of thoughts.

I hope you enjoy this morning here.

Thank you.