Hopefully by now you have got few days to get used to meditating without me guiding you

Hopefully that starting to become much easier for you now you start to settle in to the rhythm

But hopefully also you have the opportunity to begin to notice how desire, how craving can influence your meditation

But hopefully in everyday life as well over the last few days you started to see where those areas of craving are in your life how easily we subt in to them but also how fleeting the resulting

experience very often is

The important thing in terms of the meditation to recognise is that ultimately we are looking to experience the sense of calm and clarity in the meditation.

With the craving, it is very hard

to have a sense of calm as usually it is a real feeling a sort of pulling in the particular direction, pushing in the particular direction

there is not a lot of resting in the mind

And that creates a lot of ripples on the surface of the pond on the surface of the mind and therefore its hardly have any clarity

so remember it's not desire which is a problem is when we become attached to a particular outcome or result that is a only become fixed on that when we stop projecting self that must achieve that is **desired that’s will become** a problem

and tomorrow we begin to look at the flip side of this reverse the sensor resistance switch so easily aroused during meditation and in our everyday life again and again is used it today just noticing how are easy it is to get swept away craving a particular experience feeling ticklish state of mind or even buying into thoughts of everyday life and craving something externally

So when you're ready you feel comfortable just beginning the exercise in your in time now.

19-15

You are ready just sitting back in the chair now so we are ready

halfway through part two the smart series already confident starting to feel confident hopefully in sitting in silence again don’t worry if you find yourself at times not sure where you should be up to in the exercise with the prompt quite usual and it will settle down it's just a matter of practice over time

20-00

but if you just go through your day to day and this is the same actually for say all of the obstacles that we're going to look at over the next few parts of the smart series to continue To notice how is sensitive to the desire of craving can impact on your life but also

also more importantly noticing how temporary health fleeting the experience of the fulfillment that craving can be and when you see that when you see that really clearly Become so obvious why it is endless and there's almost home point in chasing after it the whole time whatever it might be because no matter how many times before feel experience we need to fulfill it again in order to get a sense of fulfillment so there's something really really profound about being able to sit to see that clearly to experience it almost as a way for the washing of you to day to day and then to let go then I'm very quickly you start to see that impacting everyday life as well I'll see you back tomorrow for day 6 of part 2