

The Happy Wanderer ~ Shinzen Young & Har-Prakash Khalsa

00:00:00 OK, maybe we have time for one or more other questions.

00:00:07 Harpakai?

00:00:09 Something I've noticed around the wandering mind

00:00:13 is very much related often to focus on positive.

00:00:17 It's just that it's an unconscious focus on positive.

00:00:22 So when a person's mind is wandering in meditation

00:00:26 and it's a problem for them, often

00:00:31 if they're able to detect the pleasure component

00:00:38 or the interest component at that point,

00:00:41 they make it conscious.

00:00:43 And it's become like a positive focus technique

00:00:47 if they're able to actually do that.

00:00:50 So in sharing this with students,

00:00:54 what has become very interesting is

00:00:57 where before the wandering mind for them drove them crazy,

00:01:01 now it's like, can I catch the wandering mind when it's

00:01:07 actually kind of an unconscious positive focus

00:01:10 and make it into a conscious positive focus?

00:01:14 And then they can stay with that and play with it or not.

00:01:16 They can go back to their technique.

00:01:19 And so anyways, it's just become like another window

00:01:22 of opportunity for them.

00:01:24 That's cool.

00:01:25 And that involves detecting the pleasant interest flavor?

00:01:31 Absolutely.

00:01:32 Yes.

00:01:32 That's pivotal.

00:01:35 Tear, fear, tear.

00:01:36 Yeah, the three R's.

00:01:39 My theory of what drives human attention, the three R's.

00:01:43 Tear, cheer, fear.

00:01:45 In other words, sadness, interest, and fear, I find,

00:01:51 are the basic flavors that control where our attention

00:01:54 goes.

00:01:55 And whereas at the beginning, the wandering mind

00:01:58 is a source of suffering, they can

00:02:00 reframe it so that the wandering mind turns

00:02:03 into freedom from suffering.

00:02:05 That's really clever.

00:02:07 Can I use that?

00:02:08 No, no, no, no.

00:02:09 It can also be used if you're working with the do nothing

00:02:28 technique.

00:02:29 And what often, of course, prevents people

00:02:32 from having the do nothing technique be a, quote, positive.

00:02:39 Good experience.

00:02:40 Good experience is, in fact, the wandering mind.

00:02:44 So there's a way to do the do nothing technique where

00:02:46 you alternate between the do nothing technique

00:02:50 and the making wandering mind into a positive focus.

00:02:53 You can kind of play with that.

00:02:55 Go ahead.

00:02:56 You can use that too.

00:02:57 So we need a quick term for this thing

00:03:03 that you're doing with the wandering mind.

00:03:07 And I think I've come up with the name of the technique.

00:03:12 Do I know?

00:03:14 No.

00:03:17 We'll call it the happy wanderer.

00:03:19 OK.

00:03:29 Good.