

# 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.