

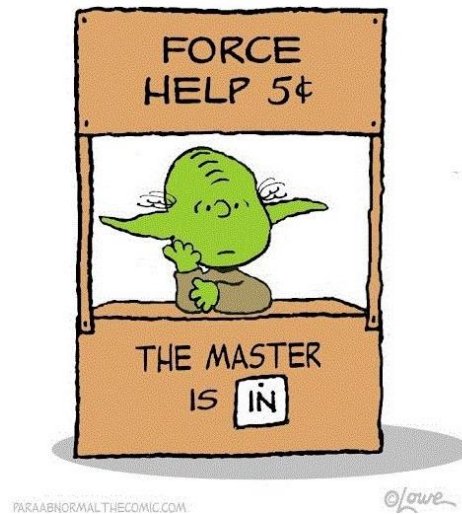
TUE pm – 31jan23 – Time, Training, and Meditation

This Evening let's Explore:



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Tuesday evening we could explore
“Time, Training, and Meditation”
that you too could meditate like a Jedi.

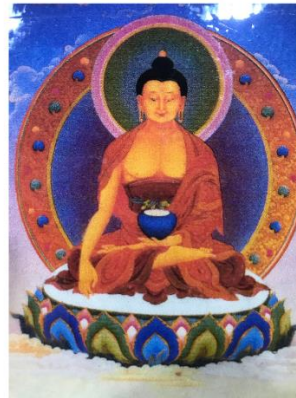


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Right Aspiration's and Zeal's Second and Sixth Folds of Enlightened Fitness

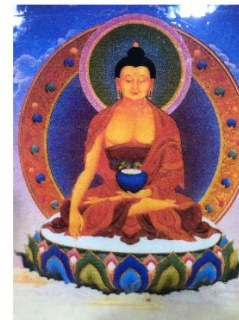
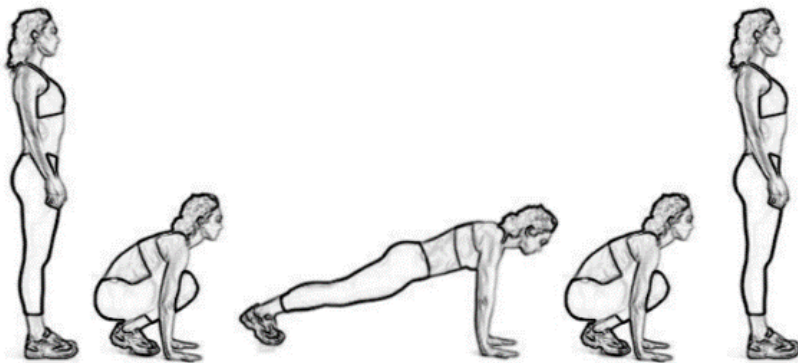
Bodhichitta and Refuge

Enlightenment's Motivation and Means



Máy I liberate all beings
by mastering the Eight-fóld path,
throúgh relying on the Buddha's
example, instructions, and stúdents.

3 repetitions



*O., on Reddit, posted:
Ways of Meditating*

*For someone who has
expertise in meditation,
is it better to meditate two hours straight or*

*two hours in 10 min. intervals
during the day?*

*I guess it depends on who is meditating,
but I would like to hear
why you prefer one or another. -fin*

Time, Training, and Meditation

Congratulations!

You've done the math
and figured out that you have

one hundred and twenty minuets
in your daily time budget
to “spend” on meditation.
But how are you going to divide it?

Any student of Jhana meditation
will tell you
there is no substitute

for a long meditation session
if you really wanna go deep.

blush

However Tibetan lamas extol the value of practicing four times per day while on retreat,


and many Japanese roshis recommend that their lay students practice once every twelve hours.

But sixty minuets (*twice daily*)
could sound daunting!

Here's a trick.
The first week
meditate for only five minutes,

every twelve hours,
for seven consecutive days.

Once you've gotten comfortable with that bump the duration of each session by an additional five minutes, every week.

And by the end of the thirteenth week, you could meditate like a Jedi. 

Yang's Attributes

Rigid,
Fearful,
Controlling,
Elitist, and
Competitive

Yin's Attributes

Flexible,
Loving,
Laid-back,
Egalitarian, and
Cooperative

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*Notice form... relaxing**That action... relaxing**That action... relaxing**Notice mind... relaxing**That actor... relaxing**That actee... relaxing**Notice me...relaxing**This actee... relaxing**This actor... relaxing**_____ and _____... how NOT two?**this and that... how NOT two?**Observant inhalation:****Notice this...****(This...)****Releasing** exhalation:****relaxing!****(ease!)**1st set of 256 rounds**count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:**lower, middle, & higher creases, & their tips.**count sixteen SETs upon the right **little, ring, middle, and index** finger's**lower, middle, & higher crease sets & tip*

The Eight Worldly Concerns

	HATE	CRAVE
CIRCUMSTANCE	scarcity	abundance
BODY	pain	pleasure
COMMUNICATION	scorn	praise
MIND	obscurity	fame

The Four Noble Truths:

1 – Stress

- a) the HATE of enduring what seems harmful
- b) the CRAVING of longing for what seems necessary
- c) the CLINGING of anticipating the loss of what seems necessary

2 – Exacerbation

Devadatta's domineering duality of dread and desire – resistance (yang, patriarchy)
the Buddha's flexible flow of love and letting-go – acquiescence (yin, matriarchy)

3 – Liberation from the tyranny of resistance

- a) not from believing in a real or imagined celestial entity,
- b) not from worshiping a real or imagined celestial entity, and
- c) not from supplicating a real or imagined celestial entity

4 – Mastering the Eight-fold Path

to the point of practicing it spontaneously, habitually, easily, and effectively

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Skillful Means:

Scatteredness + Mindfulness = Centeredness

Controlling tendencies + Meditation = Spontaneity

Centeredness + Spontaneity = Skillful means or Simplicity

For, when our decisions, utterances, and deeds

FLOW from centered spontaneity

any harm we do is minimized

and any good we do is maximized.

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Eight fold path:

VIEW or contemplation

- 1 – Liberating view (*supporting letting-go*)
- 2 – Liberating intention (*compassionate and loving*)

compassionate ACTION

- 3 – Liberating communication (*which is rather kind*)
- 4 – Liberating conduct (*which is rather kind*)
- 5 – Liberating commerce (*which is rather kind*)

MEDITATION as described by the seven enlightenment factors

- 6 – Liberating enthusiasm (*that is rather joyful*) 4 & 3
- 7 – Liberating mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
- 8 – Liberating meditation (*constituting physical relaxation, psychic release*) 5

The Seven Enlightenment Factors:

1 mindfulness,

2 curiosity,

3 energy,

4 joy,

5 tranquility,

6 coalescence,

7 balance

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Whatever comes
let it come

whatever stays
let it stay

whatever goes
let it go

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Awareness and Letting-go:

Observant inhalation: *Notice **this**...*

Relaxing exhalation: ***relaxing!***

NOTICE: vulnerably, passively, viscerally, and randomly

Whether that which we notice is: sensation,
flavor
scent
sound
sight

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Whether that which we notice is: emotion,
intention
thought
memory
imagination

Whether that which we notice is: External or Internal,
Physical or Mental
Pleasurable or Painful
Interesting or Boring
Glorious or Grotesque

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Awareness and Letting-go:

Observant inhalation: *Notice this...*

Relaxing exhalation: ***relaxing!***

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Let us **NOT** ignore the AT AT in the room

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What are we to DO
with that which we notice?

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Are we to shove at that which we perceive
like Yoda force pushing Darth Sidious
in “Revenge of the Sith?”

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Are we to greedily, hungrily, and desperately
reach for that which we perceive

like Smeagol chasing after his precious
only to plummet into the bowels of Mount Doom
in “Return of the King?”

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Are we to obsessively analyze and label
that which we perceive

like poor, mad Renfield
forever organizing and then RE-organizing his bugs
in “Dracula?”

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