The mad, mad worlds and moods

Notice when you sit to meditate that the mind has a tendency to create worlds upon worlds, scenarios, story, futures, etc.

We can notice that this has happened and choose to practice non-involvement in it.

It has arisen, it passes, we’re free when we don’t involve in it.

The goal is not to keep it from arising but what we do about it when it has arisen.

We observe the difference between arising, passing, without our involvement and arising and our engulfment. This is the practice, to notice this over and over and eventually find a freedom and strength in that arising and passing and non-involvement experience.

If we notice even one time that a world or mood has arisen and passed without our involvement in it: that is key.

We have many tools we can bring into this practice, such as aspiration.

If we have an aspiration for the meditation or the day or the hour or the week…such as:

I choose love in all my interactions today: business, food, people, my mind.

So all those things, those irritating things or mood inducing things can be present and we can return to the aspiration as a guide.

This is a deep and wonderful practice. Expect to “fail” at it many times but it is a practice in that we note where we fell off, where we might improve that, and we note our successes. There will be successes and what feels like “failure” to remember our aspiration in the same meditation, hour, day.

It’s an overall way of treating mood inducing things big picture. We may not have all the answers but we can discern what path our mind is on concerning these things. Is it a path of suffering and painful negative thoughts? Within these moods of pain we can still add in our aspiration.

What would it look like to choose love or faith in even that? Maybe it’s very complex but I’ve found I can still offer love or the highest outcome or compassionate detachment and that even the thought in my mind of those things can alter the path.

Just the thought of love over fear changes things. How am I going to treat myself and others, how am I going to interact, how am I going to go about this?

Check in with your aspiration:

Hourly, daily: how’d I do? Did I have amnesia? Try again. In this very moment, offering love to myself.

Did I do more good than bad today?

Am I doing the best that I can?

Did I practice forgiving myself? If not: breathe in forgiveness to yourself on a cellular level right now, exhaling and remembering love over fear.