

What Minds Do

Remembering

The Human “Being” – “Being” With Thoughts

Hearing is what ears do, seeing is what eyes do, smelling is what noses do...

Thinking is what minds do.

When we take a pause with an intention to mindfully focus on the breath, we notice that breaths, in breaths/out breaths, simply come and go on their own. Mindfulness meditation is not about stopping breathing; after all, breathing is an inherent, natural activity of the body.

In the same way, when we mindfully focus on thoughts, we notice that thoughts also come and go on their own. Mindfulness meditation is not about stopping thoughts; after all, thinking is an inherent, natural activity of the mind.

Remembering

Sounds, sights, smells, body sensations, in-breaths/out-breaths come and go.

Thoughts simply come and go.

**Help, I’m on a train going this way ↖↘↗↕↔↠ Help, I’m on a train going that way.
↠WHOOPS! YOO-HOO! ↗**

**It’s Ok to get off the train of associations by
pausing and resting in the present moment.**

Remembering

What is heard isn’t me, what is seen isn’t me, what is felt isn’t me.

What is thought isn’t me.

Ah ha! We can’t point to any one part of human “being” as all of who we are. By being with thoughts as simply experience happening in the present moment, blips of energy, we can notice the process of thinking without getting dragged onto a “reactivity train” of mind/body associations. We can simply stop, pause, rest in the inherent, natural spaciousness of inner life that has been accessible all along. Clarity, responsiveness, freedom are available here and now.

Remembering

It is possible to access and nurture the seeds of freshness and peace of mind.

They are already inherent in our human nature.