Class #4 TSD Mindfulness

Review:

- Teaching: “We are meant to grow into perfect relationships with all beings great and small.”

- **Great and small** meaning a degree of **importance**. We grow into perfect relationships with people who are **extremely important** in our lives and with those who seem **less significant**.

- Relationships **improve equally across the board**. Your practice **does not discriminate**, it affects all relationships in your realm.

- “With all beings great and small” these beings are not only people but all that exists.

- When we practice TSD Mindfulness, our relationships **change** because **we are learning how to better dwell in our heart**.

- We are **more conscious of what we need** in a relationship and we are **more confident to set boundaries**.

- When we **move our consciousness into our heart**, we are able to become **more vulnerable in our relationships**. We can feel more genuine feelings from our heart and talk about these feelings.

- Teaching: **Logic and survival instinct cannot wholeheartedly be trusted**.

- **Despite the benefits** of logic and instinct, logic and instinct are **not usually effective approaches when it comes to relationships**.
To genuinely improve relationships, we need to move away from using logic and instinct to guide us.

The chief reason for letting go of logic and instinct while practicing TSD Mindfulness is to move our consciousness into our hearts.

The heart is not driven by logic nor by instinct, therefore we are not "in" our heart fields if we are using these approaches.

Logic is not bound to supporting our highest interest, "Logic" is not synonymous with "good."

Class tonight:

The second teaching on trust is, "Divine flow can be wholeheartedly trusted."

A flowing river is referenced by many spiritual teachers and could be one and the same as the divine flow of TSD Mindfulness.

Christians refer to "living water," which represents an eternal nourishment giving humans a sensation of complete fulfillment.

Buddhists refer to the river, upon which, our thoughts flow into our minds and then flow out. They use this river to describe non-attachment and peace.

People who partake in hallucinogenic substances during spiritual ceremony have "seen" a river as a stream of energy, which supports all that exists.
When practicing TSD Mindfulness, we can experience divine flow in a variety of ways.

And what divine flow looks like in our lives can be different from one person to the next.

You might feel a warm movement in the heart area.

Someone might feel moved to do something that they know is the exact right action to take but might not have been what they would have decided to do on their own.

Perhaps you have felt at one point, as if some force swooped in and supported you to take action in a certain way.

The purpose of connecting with divine flow is to feel supported, renewed and with direction.

When we allow divine flow to guide us, we are integrated and whole. We are centered. We are connected to a strong driving force.

Divine flow can be wholeheartedly trusted. You can rely on it all of the time.

Logic is sometimes correct and sometimes not. Instinct is sometimes valuable and sometimes not. Divine flow is always correct and always valuable.

We purposefully open up to divine flow by taming our mental field, soothing our gut field and dwelling into our hearts.
It also helps to concentrate on dwelling in your heart, to wait for clarity, and to trusting the timing of the flow of events.

How does will play a role in concentration, in waiting and in trusting?

We’ve talked about applying will to concentration. I’ve invited you to use your will to concentrate your attention on the object of your meditation. While practicing TSD Mindfulness, during the dwelling part, this will is used to stay focused on the subtleties of your heart to keep your consciousness within your heart.

When we wait, we use will to stop us from jumping ahead of ourselves and instead simply be in the moment.

And will plays a role in trust as well. We can use our will to disengage from your logic, steady your gut, and be in your heart.

By practicing TSD Mindfulness, we can extend our experience of divine flow. We might move from experiencing divine flow for a second here and there - to experiencing it for several seconds, or to minutes and longer.

Next teaching

*The Fields of the Temperamental Body* is the first list on the *List of Three Lists*.

"Temperament" is defined as our inclinations and our emotional responses.
Our mental, gut and heart fields work together to drive our inclinations and emotional responses.

This system of three fields is called the "temperamental body".

The first field listed on the list of fields of the temperamental body, is the mental field.

The mental field is our chatter, thoughts, imagination and our quiet when we learn to still this part of our temperamental body.

Our mental field is not one and the same as our brain because the mental field is not tangible. The brain is a physical organ and our mental field is an aspect of our consciousness that relies on the brain as well as affects the brain.

Our brain is like the hardware and our mental field is the software.

The mental field relies on the brain’s circuitry to process information. And the mental field can affect the physical brain, for example, during meditation, you might feel physical sensations in your brain.

The term "mental field" is not to be used interchangeably with the term "mind". The "mind" is more similar to "consciousness" and the mind can move.

The mental field does not move. Most often we perceive from our mental field, however, our perception and mind can move to other fields of our temperamental body.
When you do not perceive and process based in logic and instead perceived and process information with your hearts, you have moved your mind into your heart field.

While practicing TSD Mindfulness, students move their minds into their heart field and begin to learn how to perceive from this point.

As I said earlier, the mental field is part of the temperamental system made up of the mental field, gut field and heart field. What’s more, the mental field is a system within itself.

The system of the mental field is made up of beliefs, mental emotions, creative ideas, desires and more. These aspects are work together to function.

A traditional practice in mindfulness guides us to become more aware of these aspects of our mental field and then leads us to still this part of our consciousness.

In comparison, TSD Mindfulness practice guides us to also become aware of the systematic elements of our gut and heart.

The mental field, in conjunction with the gut field and heart field, drives our behavior and our relationships with the people and "things" in their lives.
The meditation

- Last class I talked about a couple reasons why we don’t desire to dwell in our hearts. One is control. We have very little if no control over what is there.

- Unlike the mental field, over which we have control if we practice and train. And we have great influence over the gut field, but a little less than the mental field.

- In the heart field we are not able to influence, direct or control our heart emotions, physical sensations, and other parts of our experience.

- We must surrender.

- I led you to move our consciousness into our heart field by embracing uncertainty.

- We know we are truly in our heart field if we genuinely don’t know the outcome.

- I also talked about possible emotions coming up rooted in trauma. This is part of the healing process and emotions rooted in joy are part of the joyful experience.

- Both joy and trauma live in the heart so we cannot access one without the other.

- If you do feel an emotion come up, notice how the emotion affects you physically. Notice what thoughts the emotion might be instigating. Notice how your gut responds.
Do not try to control the emotion. Allow it to be there without shutting it down or expanding it. Let it be what it is without your influence.

Let it be the intensity it is naturally, without the mental field or gut field adding to it.

Tonight, I want to talk more specifically about taming the mental field, soothing the gut and dwelling in the heart.

How do we know we are taming our mental field?

We observe and experience quiet. Or relative quiet. Perhaps you notice your mental field is more quite than before.

There is less processing of ideas, less simulating future outcomes, less analyzations of past experiences.

How do we know we have soothed the gut?

We observe or experience a calmness at our core. Not just tranquility in our mind, but our overall being feels calm.

There is an absence of worry about possible disruptions in our lives, or changes on the horizon.

How do we know we dwelling in our hearts?

This is more difficult to notice. Dwelling or being in our hearts, or viewing the world through the perception or our hearts is a subtle shift and more difficult to discern.

This is one of the reasons why quieting our mental field and calming our gut field is so important. Due to the subtlety, we
need this quiet and calm state to notice where our consciousness is. Has it moved into our hearts?

- Noticing if we are uncertain is helpful. If we know something or have certainty about something, we are likely not fully in our heart field.

- We also might notice a rhythmic energy in the heart area. This rhythm might have a physical sensation, or it might impress a symbolic image into your consciousness.

- These are a couple of experiences you can notice to help confirm that your consciousness has moved into your heart field.

- In tonight’s meditation I invite you to notice this rhythmic energy. It’s not your heartbeat but it is a repetitive occurrence that represents something that drives you, for better or for worse.

- These subtleties in our hearts are the building blocks of who we truly are.

- I’m going to lead you to notice sound tonight to help you tame your mental field. In the first class we did this. In the second we focused on the elements of the breath, and in the last class we noticed physical sensations. If you prefer the breath or physical sensations, feel free to do that.

- Remember, it is not so much what you are focusing on while taming the mental field, but how you are concentrating.
The meditation

Find a comfortable seated position, if you prefer to lie down, you can do that, but if you find that you focus better sitting up, then do that. Close your eyes. Take in a few relaxing breaths. Inhale... as you breath out feel yourself settle physically. Inhale ... and as you exhale feel your settle mentally. One more focused inhale ... and has you exhale, feel your emotions settle.

Notice the sounds in your environment. What do you hear? Perhaps a fan blowing, or noise inside your house. If it is absolutely quiet, consider that you are listening to the space in between the sounds. If there are multiple sounds, choose one to focus your attention on. Pause. If you notice your attention drift in another direction, exercise your will and choose to focus on the sound. Take a step back and notice the part of your mind that focuses your attention. Pause. Notice how this part of your consciousness expresses itself to you.

Continue to follow the sounds in your environment. Notice the texture of the sound. Does it have a low or high pitch? Is it a constant sound or disjointed? Is it sharp or Dull?

If directing your attention towards a sound is challenging, consider directing your attention on the part of your consciousness that chooses the direction of your attention. What energy to you notice there? Is it clear and focused or is it distracted? Is it spinning or jagged? Or perhaps it is clear and focused.

Apply your will to this part of your consciousness. Use your will to steer your attention towards a sound. And let go of using your will to direct anything else in your experience.

On your own, notice sounds and notice the behavior of your attention. Remember the only control we are attempting to exercise is the control of our attention’s direction. Notice what happens when you purposefully apply will to your concertation. Notice if your mental field feels more settled. Pause for a minute.

Now move your attention to your gut area, at the belly. What physical sensations do you notice there? Perhaps you notice something less physical, more energetic. A fluttering or a vibration.

If you notice your attention drift in another direction, exercise your will and choose to focus on your gut field. Take a step back and notice the part of your mind that focuses your attention. Pause. Apply your will to this part of your consciousness. Use your will to steer your attention towards your gut. And let go of using your will to direct anything else in your experience.

Can you detect any concerns for change. Can you detect a fear of something in your future changing? How is this fear expressing itself in your gut field? If not, your gut may be in balance and at peace. If this is so, simply stay focused on your gut. If there is a fear, acknowledge this fear. Notice how this concern expresses itself in your gut. It is natural and instinctual to be
concerned about change. Consider this possible change in your future yet also list all that will remain unchanged. Pause.

Notice if this list soothes your gut. If your gut is still affected, consider that if anything will change in the future it will be in your best interest. Be open to whatever is the best way to soothe your fear of change, expressed in your gut field.

Pause...

Now move your attention to your heart area. What physical sensations do you feel there? Even if the physical sensation is subtle, tune into it. Allow yourself to embrace uncertainty. Allow yourself to simply not know the answers or the outcomes. Feel this uncertainty. Pause.

Now that you are settling your consciousness into your heart field, be still and wait and trust. Wait to observe a rhythmic essence in your heart area. Pause.

Be still and wait and trust. Pause.

Be open to emotions of the heart. Allow these emotions to surface, notice them. Dwell with them for however long they express themselves to you. On your own continue to notice physical sensations in the heart area, rhythmic essences and emotions that might surface. If you feel your attention drift away from your heart field notice the part of your consciousness that steers your attention. Use your will to stay focused in your heart field.