TSD Mindfulness Class #2 Notes

Review of class #1

- Gist of TSD Mindfulness is using mindfulness techniques to tune into our head, heart and gut centers.

- Benefits include improving relationships with all that is in your life, whether it be people, work, food, and more.

- Another huge benefit is managing stress. Stress originates in either the mind, gut or heart and depending on where it originates we need to shift our approach. What works with the mental field does not necessarily work for the gut and so on.

- With a TSD Mindfulness practice you will be able to discern where your stress originates and know how to approach it based on where it originates.

- TSD Challenge is to practice for five days a week for 30 days and see how your levels of anxiety, irritability, energy, focus, feelings of love and care, connections with others, perspectives on food, money, and work change.

- TSD Mindfulness is new and one day you might feel moved to teach this practice to others.

- Our meditation: Noticing the part of your consciousness that directs your attention while concentrating on a sound in your environment.

- Tonight we will continue to talk about will and when it is beneficial to use will during your TSD Mindfulness practice and when it is not beneficial to use will.
The TSD Mindfulness' objective is to **move into perfect relationships**.

The first list includes one item, the TSD Mindfulness objective which is to **move into perfect relationships** by taming your mind, soothing your gut and dwelling in your heart.

- What do we mean by **relationships**? These interdependencies include your relationship with **yourself, with other people, with the food you eat, with money, with God** (if you choose to be spiritual in that way), with really anything in your life.

- What do we mean by **perfect**? Perfect is not necessarily what you imagine it to be because this perfection is **not based on your personal expectations**. Instead, this perfection is **defined by a system larger than you**.

- We **move into** these perfect relationships, often **gradually**. This is because the **TSD Mindfulness process is incremental**.

- We **progressively improve** our relationships, the more we practice. **Peeling an onion** is an ideal metaphor for this incremental process. With each sitting, we **shed a layer of impairment, which in turn gives us more insight, peace and connection**.

- No matter where you are on your TSD Mindfulness journey, you are **always experiencing a realm sweeter than the one you just let go of**.

- As outlined by the TSD Mindfulness teachings, you move into perfect relationships by **taming your mind, soothing your gut and dwelling in your heart**.

- We **tame our mind** by noticing the subtleties of our environment. What sounds do you hear, what sights to you see, and what physical sensations are you experiencing? When we focus our attention on
these present-moment elements, our thoughts settle and our mind become more quiet.

- Once your mind is tamed, you might notice your gut acting up. This is because when your mind is quiet, you can better tune into the subtitles of your gut.

- You might pick up on physical tightness in the gut area or anxious thoughts develop in your mind.

- We soothe our gut by reassuring ourselves that in this present moment we are safe and our future is preserved.

- This helps because your gut fears change.

- This is a contrast to your mind, which desires change.

- The thoughts and physical sensations instigated by our mind and gut distract us from what is happening in our hearts.

- Once our mind is tamed and our gut is soothed, we can effectively dwell in your heart. Moving your consciousness into your heart is a monumental step towards perfect relationship.
What is relationship?

- From the “two lists of two”, the first item on the first list state: Anything is either a form of relationship or a form we have a relationship with.

- When we think of relationship we usually think about our significant other, our child or our boss.

- But if we consider relationships more deeply, we think about our perspective of money as a relationship.

- Lack of money causes certain feelings while a surplus offers others.

- The reactions we have are symptoms of our relationship with money and our desires define the relationship.

- The relationship we have with certain things in our lives have meaning, they can be defined. They are often practical and logical. This practicality describes how this item fits into our life, which assists in drive this relationship.

- They are also emotional, bringing us joy, or frustration, or some other feeling.

- Let’s consider the speed limit. What is your relationship with speed limits. This is considered a form we have a relationship with. What emotions does the limit evoke?

- How does this law fit into your own logic? And circumstance may play a role, a speed limit in one area might affect you differently than a limit in another area.
• What is important to see here is that **we have some type of a relationship with all that is in our lives.** So does this prophecy sound a little bit true? **Anything is either a form of relationship or a form we have a relationship with.**

• **Do we have relationships with object we do not know exist?** Some might argue that we do have a relationship with these items and the parameters of the relationship do not come forth until we are introduced to it. However, for now, let us consider the items that we have already been introduced to.

• **What is not a form we have a relationship with is a form of relationship.**

• We might love something we might **dread** something, we might **depend** on something, we might feel **indifferent.** Either way, these are all **forms of relationship.**

• And **we have relationships with the forms of relationships we have.**

• Our relationships are **driven by our desires. When we are making choices based on our desires, we are living our version of relationships. When we are making choices based on God's desires (or your version of a greater system), we are living in perfect relationship.**

• The reason relationships are so important is because our experience in this world is **directly affected by each and every relationship we have with each and everything in our realm.**

• Therefore, if we improve the quality of our relationships we in turn improve the quality of our life experience.
Meditation – (a) using will to concentrate and (b) noticing the gut

- Tonight we are going to pick up where we left off last time with our meditation. Last class we practiced focusing our attention on a sound and then taking a step back and noticing the part of our consciousness that is directing our attention on the sound. We also noticed the behavior of that part of us that is steering our attention. Was it childlike, distracted, resistant, focused or other type of behavior?

- If you had difficulty noticing the part of your consciousness that steers your direction, please do not be concerned. This is a very abstract concept and it might not come through right way. You can be open to becoming mindful of this part of you and eventually it will come through for you.

- We also talked about will. I can’t stress to you enough that it is important that your spiritual practice guides you to know when to use your will and when to surrender. We have will and therefore we are supposed to use it, and through our practice we learn when using will is best and when it is best to simply surrender. This subject seems to be taboo in many paths of spirituality.

- In our practice today we are only using our will to direct our attention, in other words to concentrate. We are purposefully not using our will for other endeavors. Creating a shopping list in your mind is an exercise in will, it is an intention to purchase those items.

- Take a moment to think about what you might practice surrendering to in your meditation. What you are not going to apply your will to? And invite yourself to let go off those during meditation tonight.
Tonight I am going to lead you to notice your breath but if you enjoyed focusing on a sound in your environment, feel free to do that. What you focus on is not as important as how you focus.

The first part of the meditation is dedicated to taming your mental field. I will lead you to take a step down from analysis, from simulating outcomes, from past future, maybe song lyrics.

The second part of the meditation is being mindful of your gut field. It’s possible you won’t notice much there. The gut is often not active and when it is sometimes it is very subtle. But sometimes it is very triggered and can take over the whole system of the temperamental body so it is important to have a practice in checking in with your gut so when it is super active you can work with it.

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 your breath. What sound does it make? Pause
Notice the temperature of your inhale and the temperature of your exhale. Pause
Notice any tickle sensations inside your nostrils. Pause
Notice the movement of your chest. Pause

Choose one aspect of your breath to focus your attention on. Pause. If you notice your attention drift in another direction, exercise your will and choose to focus on your breath. 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 notice the subtleties of your breath. You might be focusing on sound, temperature, or physical sensations. You might decide to shift your attention to another aspect of your breath. This is okay.

If directing your attention towards your breath becomes 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 your breath. And let go of using your will to direct anything else in your experience.

On your own, notice your breath 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 area. What physical sensations do you notice there? Perhaps you notice something less physical, more energetic. A fluttering or a vibration. To move your consciousness into your gut, you might breath into the gut area.

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 breath. 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. If this explanation does not feel appropriate be open to consider what will soothe your fear of change, expressed in your gut field.
The several factor of Enlightenment

- **Mindfulness** (*sati*). To maintain awareness of reality (*dharma*).
- **Investigation** of the nature of reality (*dhamma vicaya*).
- **Energy** (*viriya*) also determination, effort
- **Joy** or rapture (*pīti*)
- **Relaxation** or tranquility (*passaddhi*) of both body and mind
- **Concentration**, (*samādhi*) a calm, one-pointed state of mind,[1] or clear awareness
- **Equanimity** (*upekkha*). To accept reality as-it-is (yatha-bhuta) without craving or aversion.

Reminder about the TSD Challenge

- TSD Challenge is to **practice for five days a week for 30 days** and see how your levels of anxiety, irritability, energy, focus, feelings of love and care, connections with others, perspectives on food, money, and work change.

Next class

- Second Prophecy: We are meant to grow into perfect relationships with all beings great and small.

   **And we will begin our list On Trust:** Logic and survival instinct cannot wholeheartedly be trusted.

Please go to TSDMind.org
Classes page there is a donations link.

Next class: December 3rd 6:30 EST. Please RSVP on the classes page to receive a link.