

DKR, mind training, jan 2024

Intro

mind training is a vast and deep subject in Buddhism, but talking about mind just for few minutes is so worth while - in these days and age where all we talk, think and dream about is something that is *not* mind ..

the chief reason why I am proud to be a buddhist is that the (main) subject matter discussed *is* the mind - mind in all aspects .. mind training
deep study of the mind in the west seems to have come much later than Buddhist, China, India, Taoism

being modern and being 'western' seems (now) to be same .. this is important as an issue in our discussions today .. when I say 'mind' - and when you hear my word 'mind' .. we are not coming to a mutual agreement

~9' before we even talk about 'training the mind' .. what is mind ?
we need to begin ask this question .. we might not reach a conclusion, but we need discuss .. this reflects on to everything that we do

ex: painting thru' the ages changed from 'spirit' gods and angels to 'secular' landscapes ..

2000 years ago, china was already painting landscapes - but as a spiritual matter for them - to do with the mind

the ideas of 'secular' or 'spiritual' in indian religion - had 52 definitions of 'mind' !

~13' now, mind is going to be a big issue

we are talking about an 'AI' revolution .. we (already) have an 'identity' crises (the current wars probably have something to do with identify)

identity has something to do with mind, obviously - it's how we think of ourselves .. who are we, what are we, when did we come here, what is the purpose, meaning ?
we are not talking about material (things) when talking about such profound questions like 'purpose'

because of this, we have so many other identity related challenges .. why do we feel we have to 'fit in' to a certain society ? act certain way ?, feel alienated ?, so much choice in the 'free world' .. yet we get more and more alienated ..
who/what is getting alienated ?

~16:40 Buddhist mind training .. the question 'what is mind' is asked - the answers given in many stages

why do we need train our mind ? ~ knowing the truth

- not just coping with temper/mood change .. knowing - seeing - the truth is the real goal

~ 19' seeing the truth is the only 'goal' possible .. if you haven't seen the truth, you have false conclusion, have wrong view, mistaken idea .. all only lead into disappointment

we have habits of hope and fear ~ 'one day, this will stop'

this is how we get entangled .. as we get further and further from the truth, we only get deeper in delusion and confusion - anxious, depressed, panic .. proud, lose confidence, prejudiced

~ 22' 'understanding truth' - does this mean something mythical, mystical ?
- this is NOT Buddhism !

the truth is so mundane and ordinary' .. we simply do not 'see' it - too close to our own faces .. the truth is so simple

we (also) develop ideas 'about' truth - 'wisdom', super-natural, intellect, exalted names 'just sitting' is all that's needed

~ 26:30 we are now (using exotic labels to !) explore the nature of:
Anatta - not self, ownerless
Anicca - inconsistent, impermanent
Dukkha - pain, suffering

26:40 Anicca - the truth that everything is changible .. is impermanent
- so fundamental, mundane

when we talk about mind training these days. we immediately jump into a discipline of 'how we sit, cushion, act' .. could help - but the *real* mind training is knowing this truth .. of putting real effort in knowing these truths ..
this discussion right now, we could call Dhyana ('focussing')
maybe 'meditation is not (doing) justice

~ 28:30 everything changes .. there is nothing that stays frozen
our experience changes, our life changes, trees change - we appreciate these !
other changes - we might not appreciate - old age, wrinkles, friendship, family - fall apart .. change is all the time
not only the trees and mountains, but even the mental factors that you are now having, the very character that you are now having
you have a lot of characters in you .. a lot of values - some are proud, are of believing certain values .. this is going to change
(my values as a buddhist change - how I think of others, values, books ..)

~ 30:50 so everything changes, what is so great about knowing that ?
if you know everything changes - not just intellectually, academically - but know practically, habitually ..
if you are having really good time with family, a part of your mind is telling you 'this is not going to last', it will change - not necessarily 'worse', maybe better !
(conversely) you might be having the toughest time of your life, but part of your mind is talking to you 'bad things have happened before, none of them stayed for-ever - this is also going to go .. not intellectually. not academically, not from study books ..
if you happen to have this in your head - this will change the way you look at life ..
change the way you shop, paint your wall, play with children - everything - the way you get excited - or not get excited

~ 33:05 this result, in Buddhism, is called liberation .. liberation from delusion ..
delusion in thinking that some things (trees, sky) will change, but my love for this person, some politic value are (somehow) 'absolved'
you are living with a 'lop-sided' view that is a by-product of prejudice
this liberation frees you from your own entanglement - your own delusion of thinking that something is going to work for ever

34:30 Buddhism is often described as being pessimistic (death, dying, impermanence), but this is actually a compliment - because true truth is sometimes bitter, we don't want to hear truth - but is more bitter if looking at as partial truth .. if looked at with a 'bird-eye' over-view, it doesn't need be 'bitter' - actually gives you a sense of relief !

A big part of our living a life is our appreciating the life, appreciating everything .. seeing the sky - today an orange colour, a bird appears ~ that moment of experiencing needs be appreciated
where does this appreciation come from ?
when you know that all things are changable

~ 37' Dukkha ('suffering') .. 'no thing will ever give lasting satisfaction' .. a 'truth' most important to know

mind training means our learning this 'habitually' - not learning intellectually or academically
we are always expecting that something will give us 100% satisfaction - but this will not happen .. but if you are 'emotionally' prepared that 100% will not happen, you can be practical and pragmatic - and happy with 'less' - and ideologically and romantically making this life worth-while to live .. otherwise trying to 'get 100%' will occupy you - and you miss the lot !

this 'mind training' is to do with how you look at your life - little to do with 'sitting straight' etc .. hopes, fears, expectations, presumptions - all pain !

40:15 Anatta (no 'owning' self)

mind training .. the way things appear 'out there' is not how they actually are .. 'appearances are deceiving'
- we see, hear, feel, taste, have certain ideas .. and we think that is the external independent truth ..
according to Buddhism - no .. is just your idea, hallucination, imagination - is just your opinion !
no matter what kind of values you have - gender value, politic, religious, art, music ..
this is just you telling yourself - *opinion*

where does my opinion come from ? - family, friends, influencers, brain washing
- especially young people

43:30 'education' ~ essentially 'brain-washing' !
we devote (so much) time to (books, statistics, absent scientific, academic) opinion
if we (can) only accept that all this *is* opinion, this would make the people (so engaged)
more liberated - and not so self-imortant

what is a 'good' person ? - when a person is not full of himself, meglomania, narrow minded

when a person is open minded ~ is a good person, sympathetic, has empathy

45:10 'empathy' is what is lacking in the world - why ?
- because there is no quest for the truth (as we have been discussing)

(I am using the word empathy today, often Buddhist 'compassion')

people have so many views, emotions, we all have so many hopes, fear, insecurity ..
- we are so stuck in 'my own shoes' - and (worse) try to impose our values on others -
then things can really go wrong

~ 47:23 today I wanted to provide 'food for thought' for the students
instead of thinking of mind training as Buddhist ritual, (approach) as a quest to
understand the words of fundamental truth

Buddhist way ~ discipline of understanding the fundamental truth .. this is the real mind
training ~ is the real dhyana