

Meditation

Who's Thinking?

- Not one kind of meditation
 - Meditation is like a computer
 - Can run different program
- "Touch and Go"
 - Mindfulness
 - ...of the mind
- Metacognition
 - Thinking about thinking
 - Highest form of intelligence
- Separation and distance
- Non-judgement
- Concentration training
 - Reality creation
- Looking for the source



Homework

Writing Sprint

1. What do you want to accomplish?
2. What is in your way?
3. What will you do to overcome the challenges you've been gifted?
4. What is your first step?
5. What is your deadline for the first step?

Third Person Limited

Another Step Back

- Step back from your **body**
 - You know you are not your body
- Step back from your **emotions**
 - You know you are not your emotions
- Step back from your **thoughts**
 - You know you are not your thoughts
- **Consciousness?**
 - The WITNESS
 - RAIN
 - Understand
 - Non-judgmentally
 - The person in the corner taking notes during crisis
 - That person is "YOU"

"As a writer, you should not judge, you should understand."
— Ernest Hemingway

Impermanence

Everything is conditioned to change — NO EXCEPTIONS

- **The Three Marks of Existence:**
 - Impermanence (Anicca)*
 - Suffering (Dukkha)*
 - Non-Essence (Anatta)*
- **Nothing** is eternal or permanent
- **Everything** changes.
- What can you say is you? Was it always so? Is your body the same? Your knowledge as before? Your values? Your Soul...?
- A frightening and freeing prospect.

Gratitude

Humility

- Our lives are a rented beach house
 - IMPERMANENCE
 - CHANGE
- A Privilege
- Process not Product
 - Writer's Journey
 - (not arrival)
- Forgive yourself



"Great Nature has another thing to do
To you and me; so take the lively air,
And, lovely, learn by going where to go."

The Answer to Everything

The Secret to Now

It Will Pass

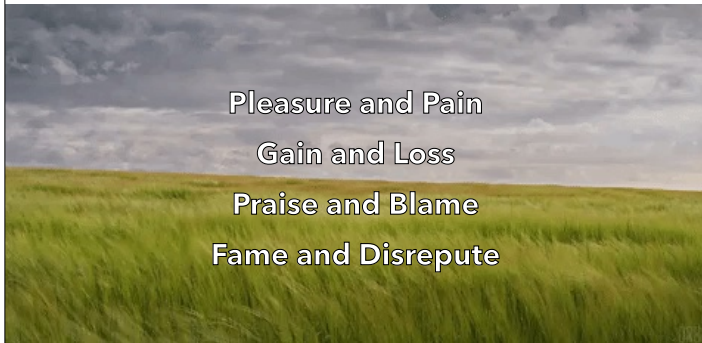
“Happiness writes white”

Can contentment stifle creativity?

It Will Pass

The Eight Vicissitudes

The Eight Worldly Winds



Pleasure and Pain

Gain and Loss

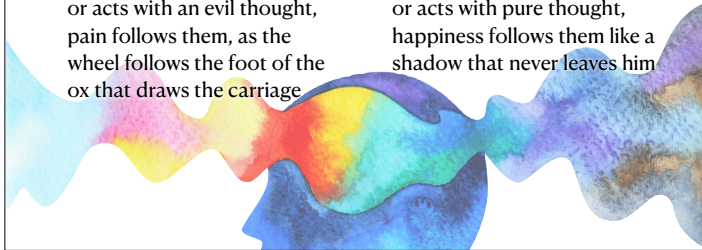
Praise and Blame

Fame and Disrepute

The Twin Verses

Buddha's First Teaching

- All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a person speaks or acts with an evil thought, pain follows them, as the wheel follows the foot of the ox that draws the carriage
- All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a person speaks or acts with pure thought, happiness follows them like a shadow that never leaves him



Attitude

Know your limits; know how the universe is compounded

- Ain't nothing sexier than confidence
- An attitude of gratitude; it ain't just a platitude
- Your control is limited to how you perceive, react and interact with the world.
 - That is enough
- You control your happiness and success



The Five Remembrances

- *I am sure to become old; I cannot avoid aging.*
- *I am sure to become ill; I cannot avoid illness.*
- *I am sure to die; I cannot avoid death.*
- *Everyone and everything that I love will change, and I will be separated from them.*
- *My only true possessions are my actions, and I cannot escape their consequences.*



"If we deeply contemplate the transient and unpredictable nature of our wealth, reputation, and worldly success, the belief that they'll bring us lasting happiness will fade. Then we can start to change our motivation for working. We can look at our work as service to society and as an opportunity to learn more about ourselves..."

—Thubten Chodron

We are entitled to our work, not the fruit of our work
— Bhagavad Gita (paraphrased)

First it is intention

Then it is behavior

Then it is habit

Then it is practice

Then it is second nature

Then it is simply who you are



The Noble Author

Communication - thought, meaning and reality

- Writing is work
- Work is a privilege
- Thinking affects the world
 - Focused thinking effects it more
 - Shared thinking effects even more
 - **BUT ALL OF IT EFFECTS THE WORLD**
- The Writer
 - Artist, creator, dreamer
 - Guardian of Civilization
- **You CANNOT fail!**
- **Don't take any of it too seriously**

"We are the universe trying to understand itself"

Homework

Ponder these ideas. Be mindful. Be grateful. Be happy.

- Go forth and be mindful
- Witness
 - and report
- Have the right outlook
- Practice concentration
- Be compassionate
- Suffer less
- Write more
- Join my mailing list :-)
