

Introduction to Mindfulness Part 2

With Gil Fronsdal

Newcastle
INSIGHT
MEDITATION

TALK 12

Five bundles of clinging Feelings

TALK ▶

MEDITATION ▶

12

The Buddha invites us to be mindful of the dynamics of how compulsion and clinging arise in us. These are not abstract ideas but physiological events that occur within us.

When we feel tension in our body there is some kind of clinging.

Feeling bundle of clinging.

- There is a difference between wanting to have something sweet to eat and the compulsion that takes over where we lose control and eat the lot.
- We can become mindful of our relationship to pleasant and unpleasant, comfort and discomfort.
- The more we operate in reactivity to feeling tones the stronger the habits become.

Wake up to the balance between leaning forward toward comfort or leaning backward from discomfort.

Comfort and discomfort

- Seeking comfort and avoiding discomfort seems always to be operating in us
- Some people feel there is something wrong or they have failed if there is discomfort
- For others the sense of self gets validated when there is a lot of joy/pleasure
- Some people look for pain, not knowing who they are without it

Practicing with pleasant/unpleasant feeling

- It is central to the practice to become mindful of how things are pleasant and unpleasant so we can see how we are reactivity
- Can we experience the feeling tones without any for or against?

DISCUSSION QUESTIONS

Where, during the day, are you most likely to be caught up in the issues of pleasant and unpleasant?

When do you find yourself in balance, free from reactivity to comfort and discomfort, what is that like?

Has mindfulness ever helped you kick a habit?



FURTHER RESOURCES

VEDANA: JILL SHEPHERD ▶