



DETACHMENT CAN TAKE YOU DEEPER INTO YOUR LIFE

In meditation practice, you will eventually come to the true present moment. The idea of being present is popular, but the present moment most people think of is loaded with memory. Not only do you know a cup is a cup when you see one, you may know its origin and material because of memory, and memory is at play in all of our thoughts which causes us to predict and project. How we feel now (aka depressed) is relative to how we felt yesterday (happy) because memory allows us to compare. Becoming aware of memory being at work when you are meditating/practicing is a useful technique in peeling off layers. The less layers of memory, the closer you are to the true present moment.

This place in meditation you come to is your 'interiority' in the immediate moment. Your feelings and thoughts are experienced interiorly, but so is all of the external world. Every aspect of any experience is experienced internally. When we hear a **concept** that we resonate with, we may get an incredible feeling, or sometimes the opposite. We receive input, and we sometimes get worked up in highs and lows, without seeing the way our mind functions to get us to a state of mind.

To see things truly as they are takes a certain amount of non-attachment. You can notice how people/yourself attach to an outcome or a point of view. You can psychologically 'get it', but true **detachment** isn't about not investing in an outcome, it's about exploring your interiority and discovering that the 'I'/ego is a sort of construct that forms and feels threatened (I don't usually use 'ego' but it's functional here). This construct consists of forms, feelings, perceptions, and mental associations that come together to form this 'I'.

When you practice and experience this interiority, you see the transparency of your thoughts, impulses, emotional sensorial highs and lows by separating one from another (alho they, as is everything, are simultaneously inter-connected). You can feel some of the processes and rhythms that occur from the first moment a thought seems to magically appear until we have acted out or it fades away. Where or who is this 'I' anyway?

You can remove your judgmental aspect by creating (believing in) an observer or higher self, which can be a way to see thoughts and emotions without the 'I' so involved (e.g. "there is a lot of anxiety here" vs "I am stressed"). If you can develop an open curiosity with a childlike quality of 'uncertainty' then you can become amused as you begin to notice *the tendency to predict outcome or desire to share a new insight* (a common habit).

In this interiority, there is space and pace(time). Like a thought (or anything) that appears and then fades as I mentioned above, it appears within space. It also moves(changes), as does everything. To feel a physical sensation takes time as it is cellular movement. The sound of the wind is millions of sequential separate tones strung together, or a wave is millions of separate images that our mind strings together. A thought can be observed as an intricate pattern that may include many different emotions and associations which can take a mere couple of seconds in clock time.

Seeing all the aspects of what composes this 'I' and what composes our thought processes creates a different way of being in the world. Fear, anger, deep desires and thoughts can be observed and explored in a new way (each and every moment is new anyway). There can be anxiety, but it's anxiety's patterns and sensations that are unique without an 'I'. **As you become more comfortable in this territory, there can still be an extreme sense of direction and caring, but if the outcome doesn't go your way, it's no big deal. That's non-attachment (to an outcome).**

I like the term territory vs reality, because we can spend our time in the territories that we want to. We can play within concepts we find useful and nurturing. Any concept or religious view is a territory when it's slowed down and you become aware(noticing feelings, internal patterns of response, or noticing that you are criticizing a territory someone else likes). When we become attached to a point of view or reject one, the 'I' has taken over!

Who doesn't like basking in the territory of loving kindness or helping others? Actually, as you interrupt patterns and explore the different textures and layers with curiosity and acceptance, you begin to see life and movement everywhere as new and unique, and loving kindness and the desire to help others naturally arises. That's a pattern too! Namaste

