Mindfulness & Meditation

LESSON 4: INTERBEING

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Homework

- Actively choose which seeds to water each day
  - pay attention to ways that life seems to change when you consciously water seeds of the things you want to experience
    - be on the lookout for things you do which cultivate experiences you may wish to minimize
    - adjust your involvement in these as life requires
- Practice, practice, practice
  - implement both formal and informal meditation daily
  - observe with curiosity the results of each
- Have fun, explore, be playful with your practice!
  - when we bring our full attention to anything, it becomes a richer experience...play with this idea!
The Progression of Curiosity

- When we remain present and curious about anything (e.g., a raisin), we see things we did not see before
  - A raisin is not simply a raisin, it is....
    - ...a dried grape!
  - Keep looking...it is also the product of effort from a farmer, etc.
  - The raisin cannot “be” by itself
  - It depends upon other conditions to occur in order to allow it to manifest as a raisin
    - If it is warm, has sun and water, etc., it can become a grape, and then be dried into a raisin...if any of these variables is missing it cannot be a raisin
  - The raisin’s very existence depends on other conditions
“Interbeing” (aka “dependent origination”) refers to the concept that everything is not only connected to, but is actually a part of, everything else.

- Any two things inter-are
  - A rose becomes garbage, and garbage becomes a rose
  - A parent gives birth to a child at the same time the child gives birth to the parent
  - Happiness and misery inter-are as well!
Mindfulness of Interbeing Meditation

YOU!!!
clouds
water
Frieling french press
Peaceful government
rain

Everyone involved with production packaging shipping distribution and sales

My wife
sunshine

Costa Rican Farmers

My electrician

Hawaiians

My plumber

Thich Nhat Hanh

Ancestors of all involved

Livestock or machines used to plant and cultivate it

My parents, who drank it black

waves

UNC-CH

MTSU

Vanderbilt and OLLI

My alarm clock & everyone at Verizon
Interbeing is More Than Just Coffee!

- Using the same principles, we can gain a deeper insight about loneliness
  - We are always a part of, connected to, influencing, and receiving influence from the world around us, thus loneliness does NOT represent a true reality of actually being alone

- This also changes our relationship with basic concepts of birth and death
  - When was my daughter born? In 2017?
  - When did my mother die? In 1998?
Implications of Interbeing

- Once we realize the nature of inter-being in our world, the natural results are:
  - Increased compassion, understanding, and patience
  - A sense of belonging/a decrease in loneliness
  - Humility and gratitude
  - Increased sense of responsibility for the health and well-being of others, our planet, etc.
    - Our actions literally impact, shape, and reverberate much farther than we can ever measure
    - Thus, we all have a great capacity to create long-lasting positive change in the world...
    - And we must do so! (even if only for our own sake) 😊
Homework

- Consciously create a better world through your awareness of interbeing
  - resolve to soothe negativity you receive rather than passing it on to others
  - develop gratitude for your “dependent origination” that leads to altruism
  - build something beautiful in the world that begins with a simple smile or a compliment

- And most importantly...
  - have fun, explore, be playful with your practice!
Thank you!

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