

Mind in the Mind: 2 (*Mental Formations*)

February 19, 2017

- ❖ **Review from last class:** *gladdening the mind; looking into the state of mind: what is present and what is not present; “remain established in the observation”*

- ❖ **Start over with awareness of the body in the body**
 - It is easy to lose ourselves in our feelings and mental activities

- ❖ **Sitting practice together with 3 first establishments of mindfulness**
 - Body
 - Feelings
 - Mind (mental formations)

- ❖ **Thinking: initial and sustained (*indeterminate mental formations*):**
 - Right Thinking – Right Intention
 - Practicing with thinking, while sitting or walking meditation
 - Looking into our thinking, it’s content and characteristics
 - Looking deeply into our views, what are the underlying views about ourselves and the world

- ❖ **Original fear and original desire**
 - A way to transform denial, judgement and shame
 - Stopping and deep looking in order to heal and transform