

Obstacle #1 - A Hyperactive Mind

Part 8.1

Clouds in the Sky

I still remember in my early days of meditating, sitting down and trying to focus on my breath, and my mind would just be going wild.

It would just be going at 100 miles
an hour, zipping all around from
this story to that story.

the harder I tried to focus on my
breath, the more my mind would spin

It was tough because it made me
feel like I was no good at meditation.

I felt like I was a failure.

Eventually, I learned that you can actually work with thoughts in the same way that you work with the breath.

In This Video

How to Actually Just Bring our Attention
To the Thoughts, and Stay There, and
Actually Notice the Thoughts

What do we do when the mind
is on overdrive?

instead of trying to fight the thoughts,
we just allow them to happen

You can just let thoughts come
and go.

You don't have to push them away.

We're going to notice thoughts
coming and going

cultivating an acceptance of the
present moment, as it is

A useful way to think of this is imagining thoughts like clouds floating through the sky.

You can
actually just
see it as if it
were a cloud
floating
through the
sky.

we can let our awareness be like the
vast, open blue sky



each time a thought comes it's just a
cloud floating through



they just come and go



They're impermanent.

They never last for long.

just allow them to come and go

Just see them as clouds floating
through the sky.

This is just the natural inclination
of the mind.

It's what the mind was made to do.

when you notice thinking,
don't worry about it

It happens to everyone, even
meditators with decades of experience.

Next Video

Letting Thoughts Come and Go