

## What is Happening?

The purpose of our meditation is to know what is happening.

And this has always to do with the here and now. What is happening here and now?

By clearly knowing what is happening, we can know what to do about it and what not to do about it. Then it comes back to the 2 terms: Object and Objective

What is our goal? What is our purpose?

4 modes of mindfulness:

just situate ourselves where we are. We have these 4 types of situations.

The mind, the consciousness is always aware. Always dependent on an object to arise.

So what is the object of my mind now? Is it the 5 senses that is the object?

Or mostly the mind itself that is the object?

So knowing this clearly, we also have to be able to evaluate the quality of our mind.

Therefore our objective will be different.

1. In the first case we only have to guard the mind. Sometimes the only thing we have to do, when it is getting a bit disturbed or too many challenges by various objects or even ideas and thoughts, then the only thing we have to do is to guard the mind, protect the mind.

2. Sometimes the object of our consciousness will be the physical posture together with the activities in which we are involved. So the objective will be to comprehend. Clear comprehension. Where we are, what we do. We are being seated here in this hall. Then we come to be much more aware of the mental activities: what we think, why and how we think. What is the purpose of all of these? And can I do something about it or not? So clearly comprehending with mindfulness will guide us on what we will need to do or not.

Purpose and suitability

3. In the case when we are already deeply involved with a specific meditation subject, then our object is the meditation itself. The subject or the object on which it depends. In this case what is the objective? The objective is to get the mind concentrated and clear. To get the mind very balanced with the object. Trusting the object so much, that there is a complete surrendering to it.

4. In this case the object of our observation are just physical phenomenas, mental phenomenas inside or outside of ourselves, but our attention is so clear, our observation is so close to those phenomenas, so that we can see them clearly as they are. Then we understand them just as a process in a constant flux, but dependent on what we wish and do. This is the mode of analytical observation which is happening in insight meditation.

That is why, knowing clearly about the objects of our mind, can guide us to know which mode of mindfulness we need to adapt to the specific situation. And also to know the appropriate distance that we need to create in order not to loose our own balance and clarity.

In the last days we have seen different mental factors related to the jhana factors, like applying and sustaining the mind, happiness, bliss and 1-pointedness of the mind. There are other mental factors also that are happening in any kind of consciousness. But these jhana factors, these mental factors, are always happening in relation to the object that is arising in our mind. Therefore knowing the object clearly brings us to know our mind. So we are left to ourselves, but by these tools we can come to know more and more about our experience.