

How to live in the moment

Post by “Joshua” of October 27, 2021 at 8:01 PM

One thing I find interesting is the connection that she's drawing between mindfulness and curiosity. I think I probably spend quite a lot of my time 'zoned out'. I also think that its in those moments that my mind forges the most interesting connections;

"...hmmm...I wonder if that word has a Latin root..."

"Hmmm...If you put a tiny stirling engine in a mechanical watch, you might be able to make it self-winding just off of body heat..."

"Hmmm...that would make an interesting framing device for a poem..."

"Hmmm...that jobsite I'm going back to tomorrow presented a few challenges, but I might have fewer problems if I try it this way..."

"Hmmm...I could probably make my own canoe outriggers if I can think of a way to attach [x] to [y]..."

You get the idea. Discursive thought seems far more pleasurable to me than 'trying hard not to think'.

However, I'm well aware of the fact that human minds differ substantially in their interests and obsessions. I certainly know people who compulsively ruminate on things that I can see are making them miserable. The best example is the obsession with politics, whereof the symptoms are 1.) Endless frustration, and 2.) The tiresome tendency to relate every conversation back to politics.

Maybe mindfulness is, for many, a useful therapeutic retreat away from self-imposed mental aggravation? Whereas for some people an energetic and wandering mind bears fruits that are pleasing, rather than irritating?

The deep irony here is that the people I know for whom mindfulness might be well-advised, are exactly the kind of people who will dismiss the idea out of hand.

After all, they've got things on the internet to get angry about! 