RENUNCIATION WORKSHEET

The talk on May 24 focused on nekkhamma, renunciation. An emphasis was placed on the simple, repetitive routine of intentionally disregarding a distraction in order to resume focusing on the sensation of breathing. *This letting go process interrupts craving and clinging to a view that typically elaborates into the “selfing story”, an internal narrative*. The Buddha taught that attachment to a view of the self-state organizing process as an accurate, enduring and autonomous “thing” is a fundamental misperception that interferes with liberating awareness. The list below provides an opportunity to list views that you commonly identify yourself through. The list is to be organized from #10 up to #1, which is already listed, representing the misperception stated above. The items lower on the list might be your ideals regarding relationships, social norms, status, etc. try to avoid a view associated with a material object, such as your home, car, physical appearance. These are also views, but this exercise is meant to focus more on opinions rather than things.

1) My self is real, enduring and in control.

2)

3)

4)

5)

6)

7)

8)

9)

10)

After completing the list, turn to the next page:

The intention with this exercise is to become mindfully aware of how craving and clinging to a particular belief, value or expectation can create distress and confusion. This attachment is identified as “myself”; our task is to notice how we can dis-identify with the arising self-state organization. This process was covered during the talk on renunciation from May 24. Every time one notices the diversion of attention away from the concrete reality of breath/body awareness, the process of craving and clinging can take hold; the simple practice of noting the wandering of attention, then redirecting attention back to the breath/body interrupts this process, depriving craving and clinging the “fuel” of further attention.

I hope this process is useful for practicing how craving and clinging arises as well as how to interrupt it through contemplating the beliefs and expectations listed above. I wish you well. Peter