

OUR POINTS OF VIEW

Sometimes people will ask me how to widen their point of view (POV), how to put on the “beginner’s mind hat” and the “I’m open sweatshirt.” We can most likely agree that if we hold on to our already held POV, we’re not open to seeing what other view of the situation may be available for us to see. Here is a link to an article from NPR’s July 6, 2011 online newsletter that I think can help us smile at our human condition.

Thinking Thoughts No One Has Thunk

<http://www.npr.org/blogs/krulwich/2011/07/06/137621529/thinking-thoughts-the-others-haven-t-thunk>

When you’ve finished looking at what’s posted on this link, it might be interesting to you to notice what fixed points of view you might be holding on to, i.e., this is the best route to the market, this is the right way to make brownies, republicans are jerks, no-democrats are...and most of all my POV on how you should behave when I ask you for something!

Sometimes we hold onto our POV so tightly that it seems as if our view is the right one, the correct one—as if we are the holders of TRUTH. If we notice that this is so, we may ask ourselves, “What is this POV protecting.” For example, what would we find when we look beneath a righteous or angry thought or “I suffer the most” POV? What would we find if we lift what’s under self-criticism or “shoulds” and “shouldn’ts.” On closer examination with a mindfulness practice, we can come closer to what may be hidden under what we tell ourselves are the only possible points of view. What can be discovered when we ask ourselves-is this the only valid, correct point of view? What can be discovered when we ask ourselves what is an alternative view about _____ I won’t fill in this blank. That’s for you to do.

Practice suggestion: Offer yourself several practice times to notice how the same situation can elicit different thoughts and feelings according to your points of view, the meaning you project onto them, and investigate what happens in thoughts, feelings, body sensations when you generate an alternative point of view. With practice, you’ll be able to discern the process of how we are influenced by the meanings, the projections of our mind’s constructions, put on top of direct experiencing.

Some tips: If it’s difficult to jump in to relate to your own points of view first, practice by bringing in points of view that will help loosen up the beliefs we have in our own dearly beloved ideas of who we are and who they are and what the world is.

Here’s some ideas:

What might be a cat’s POV when offered a’ healthier’ food rather than the usual food?

What might be the child’s POV when the helium filled balloon’s sting is let go?

What might be the balloon’s POV?

What might be your co-worker’s or your friend or partners POV about _____.

You’ve probably got some ideas of your own...however the most important question:

What might be Lee’s POV about cookies? What’s yours? Is Lee’s POV right? Is yours? ☺

Putting on our “beginner’s mind hat” we can investigate with gentle curiosity and be

Discovering, Discovering, Discovering

fresh views that can lead to moving towards opening our hearts, joy and happiness.