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## Context to the nugget

Venerable Tenzin Priyadarshi speaks about the notion of curiosity and how we can all be truly aware of what is unfolding in front of us. He speaks about how we all need to embrace effortful meditation and practice it for a period of time before it becomes effortless for us. He also speaks about spiritual discipline as something that ought to permeate every aspect of our life from perception to decision making to choices to every interaction.

## Transcription

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Deepak Jayaraman (DJ): And in a lot of ways, I guess we are wired to be driven by metrics like we say we move, we monitor what we measure so clearly there's a very interesting. And on a related note Venerable you talk about this notion of deliberate practice. In one of the pages you say practice is a container and if done right everything we do every waking moment is held inside that container and every act whether it's folding a cloth or picking up a teapot is worth doing carefully correctly with patience and attention. Can you talk a little bit about this notion of deliberate practice just in the way we approach our life and every moment?

Tenzin Priyadarshi (TP): The... you see, ordinary perspectives on spiritual practice is that it is something radically different from our day-to-day life. That's why we have designated places of worship, that's why we have designated time, celebrating festivities around religious calendar, observing fasts, going to retreats and things of that nature to the point almost that we have created this sense that these are sort of the sacred or the holy moments or days that I need to be more mindful of my religious or spiritual orientation. But otherwise, it's life up for grabs, we just do whatever we feel like doing. And it's a challenge to recognize that spiritual discipline is something that ought to permeate every aspect of our life from perception to decision making to choices to every interaction. And initially it takes certain kinds of effort and that's where the deliberation part comes in that it is a discipline and the more proficiency you gain in this discipline, then it becomes an effortless act meaning then you are not thinking that you need to set aside time for spiritual practice. You may still enjoy meditating for one hour or three hours or nine hours a day, but you are not sort of tied to that particular idea that meditation only means that or religious or spiritual practice only means that. So, there's this sense of effortlessness that we develop over a period of time. Now a lot of times what happens is people just want to begin with effortlessness, which is sometimes not very useful because we are creatures of habit and when we simply start with effortlessness, the old habits are not gone, the old habits simply creep their way into this effortless attitude towards things. So, what the discipline does is allows us to refine some of these old patterns, these old habitual patterns to refine them and identify which one is going to be helpful in the kind of lifestyle that I wish to live versus not. And then, what happens is that one develops something like an aesthetics of practice and aesthetics of practice is where even ordinary things and

ordinary tasks reveal a tremendous sense of beauty in it. It's almost like observing the joy in a child's eye when they are observing something new for the first time and you can almost gaze into their eyes and you can see the neural synapses happening. It's like yes, she knows that the toe moves this particular way, she knows that if she touches the dog the dog is going to do this, she knows if she smells the flower this is the fragrance. The beauty of that learning and what happens is that we romanticize the idea of being lifelong learners but we have let go off this joy of learning, this joy of curiosity. And so, the deliberateness of spiritual practice allows us to maintain this aesthetics around experiencing the joy of practice so that observation, so that no two sunsets are alike, no two humans are alike, no two plants are alike, that you are able to sort of relish in the beauty of diversity that nature has to offer.

## Reflections from Deepak Jayaraman

DJ: Couple of thoughts here. One is the point that came up in my conversation with BJ Fogg of Stanford, the author of the book *Tiny Habits* - who has studied the process of habit formation. He speaks about three things, Motivation, Ability and Prompt. He says that till we get the ability to do something, our motivation levels can be quite low. So, the idea is to keep the habit small enough so that with limited ability and motivation, we are able to get it done and slowly build from it. Tune in to my conversation with BJ Fogg if that is of interest.

Another podcast guest Rich Fernandez (RF) (CEO of Search Inside Yourself) spoke about this notion of an integrated practice.

RF: *"When people think about meditation, they think about having to do exactly what I have just said which is set side you know x block of time and you know sit in a certain way and close your eyes and protect the space for formal practice. But there is also a way to practice mindfulness and meditation in an integrated way. For example, as you move through the course of your day, integrate it into your day between meetings if you need to walk to the rest room make that a walking meditation. I am actually serious about that. Become aware of your bodies as it moves for space between your office and the rest room. Become aware of your foot fall, become aware of the felt sense of your body. How are you feeling actually in that moment? Or take the opportunity to focus on breath or this being in India this Podcast you know if you have a "Mantra" that you are familiar with or particularly like us that. And I say "Mantra" and there is an often a religious component to that but here what I am referring to is really finding an object of your attention to train your attention upon it whether be "Mantra" or breath or walking or sensation you can really do this throughout the course of your day. I was driving to work today and I was focusing on my breath not so much that I wasn't able to drive but there but when there is a red light when I was stopped in traffic in and out for three breaths, I noticed my breath."*

DJ: Rather than treating mindfulness and spirituality as something separate, I guess we all have an opportunity to weave it into the small things in our life. Thank you for listening.

## End of nugget transcription

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Nugget from Rich Fernandez that is referenced: [Developing the meditation habit](#).

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## Tenzin Priyadarshi - Nuggets

- 68.00 Tenzin Priyadarshi - The Full Conversation
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## About Deepak Jayaraman

Deepak seeks to unlock human potential of senior executive's / leadership teams by working with them as an Executive Coach / Sounding Board / Transition Advisor. You can know more about his work [here](#).

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