

# 2007-10-12 Anapanasati

## SimplyKnowingTheBreath 3of10

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### SUMMARY KEYWORDS

breathing, breath, meditation, mind, simple, present, judge, short, training, stages, interpret, radical, concentrated, stay, bathroom, sensations, spiral staircase, liken, wild horse, walk

### SPEAKERS

Gil Fronsdal

The first two stages are the 16 stages is worded very, very simply. And two says breathing in long windows, what is breathing in, breathing out, breathing in short when nose when it's really in short. That's the first stage. The second stage is breathing in. Breathing out long nose, I'm breathing out long, breathing out short windows was breathing out short. And so the word no, is important. Just says, you know, something, you know, it's short, no, as long as it doesn't say you judge it or react to it or try and make something happen. It's very, very simple. Just to know, and because it's so simple, it's it's, you know, it Create challenge because the mind wants to always make things more complicated wants to do something. Most people who interpret this passage, interpret the short and long part, knowing it's short breaths into long breath, as being shorthand for just knowing what the experience of breathing is like, certainly are interpreted, it's really valuable to kind of get into the breath and explore it, get to know it, get to know the fullness, the variety of the different sensations, because on your body as you breathe with parts your body move, how it moves with different sensations that come into play as you breathe. But it's just very simple, just know it as it is. And this is a very important foundation for this whole process, because of the strong tendency of the mind, to want to react to things want to make something happen, wants to judge want to, you know, some deals with extra stuff the mind does. Not to mention the strong tend to the mind, not even be present to be someplace else. So there's first Training is very important because it's a training to be present. And it's a training to be very simple. And it can take years to do this first part of the training for some people or could take minutes. But it's always good to start your meditation this way. You simply try to see this training to see how simple you can be just relying to know and just trust, it's enough just to know just be present for how things are with your breathing. And I interpret this to be that because we're trying just to be know very simply what's here. There's no letting go of any other agendas we have about anything, even if we fix it or make it better prove on it or breathing, some yogic way, not trying to get concentrated, it doesn't say know that you're breathing in a short breath and get concentrated just says no. And so it's a very radical for most minds to very radical training. And if you keep it that simple, and overcome the judgment that I'm more sophisticated in this You know, I need to do something more complicated. If you overcome that judgment like that, you'll probably find that it reveals a lot about yourself about all the movements you have for and against things. And so some people liken this to having a steak that you tie a wild horse to. And so you see how wild the horses, but you have a stake. And so the stake in a sense is your breathing, or the very simple approaches being present for the breath as it is, and then you can see the mind beginning to kind of run around crazy kind of trying to get to something, find a way out, try to do a better try a judge. Judge himself doesn't say he doesn't say no, you're really long. And judge yourself for breathing in long. Doesn't say being short and no, you judge yourself as being a bad breather, just as No, just very, very simple. So this is a very important foundation because Because it's based on

disability to be very simple, that it becomes a lot easier to go through the other stages. And some of the other stages do involve working or trying to have some kind of change, change yourself in some way. And we'll see that in the next meditation we do. But we don't start changing ourselves. With this system. You don't try changing yourself. First you have this first stage set, we have the ability not to change just to be present for all things are some modicum somebody do it to be in that. That makes sense. I hope you understand how radical This is. And

so what I'd like to do is take a 15 minute break that we do in silence. When we come back, do another meditation after the break. So silence keeps things kind of quiet. And there's, you know, three bathrooms in the back. There's also a bathroom upstairs if there's a line of the spiral staircase. And, you know, and then so they're going to the bathroom or something. You're going to ask Maybe you're doing standing in line meditation. And it's a great time. Just stay with your breathing as much as you can during this break. See if you can stay in touch with your breath. Stay with your breath. You might even put your hand on your belly as you walk around just to remind you stay here. And they also walk around the neighborhood a little bit if you feel like you need to walk around the block, probably enough time. But we'll start again 11 o'clock. So please be here start to limit. Thank you.