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SPEAKERS

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So I'm fond of the analogy of if you take a spring and wind it up, and then keep it inside it's smaller, tight container, the spring doesn't have a chance to unwind. But if you move the spring to bigger container or take the walls off the container, then the spring natural tendency of the spring is to unwind. So the same thing with the mind, if the mind is held tight, then the mind doesn't want to doesn't have space to relax, unwind or to unfold or let go of various kinds of processes that unfold in deep meditation, have the most space Miss lots of most, most most possibility when there's lots of space. So mindfulness is in a sense is making space in the mind space in the body. for something to happen, what needs to happen, and a variety of things can unfold, depending on what needs to happen. Sometimes it can look like you're going backwards because you finally release the Pandora's box. And lo and behold all these feelings and memories and stuff kind of come pouring out. And that's what needs to happen because it's been bottled up. But also, some of the deeper work of meditation or Buddhist spiritual life has the best chance to kind of impact us or best chance for us to deal with things. If we kind of very relaxed, relax, a little more spacious, easy with what's going on. So to give you a simple example of the of clinging in the end of clinging, which is at the heart of Buddhist spirituality. It's one thing to understand that we claim and it's a lot harder to let go. But if the mind is quite relaxed and soft, it's easier to see understand where the cleaning is or see where it's possible let go or just That's an ego is actually a beautiful thing because you're letting go into this wonderful space, just peace or something. But if the mind is cluster phobic or tight, not only is it not clear that we're clinging, maybe but even how we're clinging where the possibility releases, and that releasing is a good thing. Because it just, you know, why would that be good when you have to think about all your stuff. So part of to allow sort of Buddhist teachings or Buddhist practice ideas, or a lot of practice to have optimal chance to kind of having an effect on us like beneficial effect. It's really helped helpful to be relaxed