

2009-04-03 The Five Hindrances Restlessness

5 of 5

Fri, 8/14 3:18PM • 28:21

SUMMARY KEYWORDS

meditation, unresolved, resolve, unresolved issues, mindfulness, list, life, remorse, people, meditation practice, spend, recognizing, stay, pens, restlessness, midst, hindrances, meditate, ways, happen

SPEAKERS

Gil Fronsdal

Okay, so a lot of the focus today has been on restlessness. But the second part of this fourth hindrance is remorse. And the traditional wording is remorse. And here in the West, we often translated as worry or anxiety or something like that, to broaden it so more people can find themselves in it. But what worry and maybe remorse have in common is it has to do with things which are unresolved, either unresolved from the past, or unresolved about the future. We're concerned about how things are going to turn out or what's going to happen, we're afraid or something about the future. But it has to do with things being unresolved. And when we when things are sometimes unresolved, actually one meditation teacher was asked by I think a high school class she was introducing to meditation she they asked them what how happens in meditation. And she said, all the things which are unresolved, come up. It wasn't what they expected. They expected no calm and bliss, you know that. So there's something about you know that the meditation path sooner or later will flush out the unresolved issues that are there. Some are long forgotten, but still unresolved. And then they suddenly come up and we're surprised. Sometimes they're very recent and very well known and we know what it's about. And sometimes the unresolved issues that we have to face and deal with, can be dealt with through meditation settle something. And sometimes meditation is not the answer, but rather doing something in the world is the answer. Going and making amends or making a change or do something has to actually happen, not just not not, not just the inner kind of movement that has to And so the idea of what's unresolved which unresolved because we have regrets about it unresolved because unfinished, unresolved because it just keeps bugging us there's a host. So what I'd like to do for you to do for the next 1015 minutes or so is take a piece of paper and I have some extra paper here and pens too. If you don't have enough, I don't have it. And then in there are kind of meditative space. Write down a list of the things that you can think of which are unresolved for you. And perhaps you can't think of anything

perhaps the top 10 or top 20 years Something a couple hundred, come really easily. And then hopefully this period of time is long enough that you have maybe maybe you'll actually sitting in silence and just kind of reflecting and let it kind of bubble up and just see what comes up in the silence as you kind of meditate on this topic of what is unresolved. And you're not going to share this with anybody. So except to yourself, unless you want to show it someone later, but this can be very private. So you have that safety. No, that's the case. And, and so please, that's the assignment. Who needs paper and pens. Okay, so I have lots of paper and maybe you can help test it out and pens. So

you can start when you're ready.

So

certainly Buddhist practice is much broader than meditation. But after all we are a meditation center here. So one of the questions for you now is the things on your list. Which of them come up during meditation? Do any of them in some way they're in the background in the foreground, and some of the things that keep you may be restless or distracted while you try to meditate And I want to spend a little bit time a couple of minutes when you look at your list and consider that little bit for yourself.

And then as you look at your list and if you're if you have the idea or the hope to be able to resolve some of these unresolved things, which of them do you think are best resolved through inner personal work like meditation or something and which you think are better resolved by actually require you actually do something in the world, talk to someone do something and in which do both require both

If you look at your list as a whole, all of them and if the list as a whole is a mirror in some ways a mirror of yourself somehow you see yourself in that list. What is the what might be the inner work that you're called? To do that you need? What do you need to look at in yourself? What do you need to work on in yourself? What do you need to let go have in yourself in somehow being able to address the list of unresolved issues?

What does this list say about you?

And then finally, a little bit of repeat, perhaps, but what are what do you need to? Or how is it that meditation practice can be helpful? In what way is it can be meditation practice, be helpful for addressing your list or some of the items in your list what's the role meditation might have for mindfulness

So

thank you very much for participating and doing that. And now, I thought it'd be nice if some of you might be willing not to tell us what's on your list. That's gonna be private. But some of your thoughts about how meditation or mindfulness might help you or support you in resolving or dealing with some of those things in the list. The role of meditation might have for this.

Before you asked that question, I looked at the list and I got writer's cramp. I looked at my list and I thought each one of the things on my list were things that occurred when I I think my fullness and presence of mind was on a holiday. And, you know, I don't even understand why some of the things happened or some were so long ago, they'll never get resolved. But

I, I think the role of meditation in,

in this exercise or in general is kind of obvious to me to create more mindfulness or presence of mind in in more moments than when I'm just meditating.

Great. So you have less things to breathe, to feel unresolved about a regret later on. Thank you very much. It was genuine. Like to

mine was so future oriented. So

Got that the thought of the Serenity Prayer and mindfulness to help me sort through what I can do something about and what I can't and stop you know work on stop spending so much time on the stuff I just can't do anything about right now.

Okay thank you

now I'm on record

that the by generating

compassion for myself and for things that I can't you know that are in the past and that I can't do anything about

having compassion for my mistakes

great so developing compassion for yourself and for your mistakes. Helpful great.

A lot of things on my list here but actually calls in very few categories, one which couple of wishes to spend time with friends and family.

makes me realize how much time

do any other things, mindfulness, meditation general issues arise.

How I spend my time, hmm.

Beautiful. So meditation helps you align your life by your with your values, your set your perhaps your priorities. One of the ways that in addition is useful for me is

almost as a way to map my inner geography. Like some of the things that are on my list is unresolved

I wouldn't have known are unresolved

without meditation, mindfulness practice. Great, thank you.

In the front,

on my list

Yes, it is.

Okay.

I think a lot of the unresolved issues In my life have to do with or my inability to resolve them has to do with my wanting my not wanting anyone to be angry with me because to resolve many of them would involve confronting people in ways that would create. I feel some some anger toward me. And what

metta meditation practice is helpful in is allowing me to not get so caught up in the self image that I've always had myself as the likeable person. No one has, who no one get angry with. And it's sort of traps me in certain ways and meditation practice is allowing me to see that and to be to not cling to that to that self. And actually do what it takes to resolve some of these things. Beautiful.

Thank you. May you be an unlikable person.

Chances are lucky more than

this mic over here in the corner.

embarrassed to say what

to say, but I think meditation does

for me to make me see that my issues are not issues. Great.

May that help your meditation? Thank you very much.

I'm going to use notation in a way I hadn't so far, as a result of being here today, I'm going to the

point learn to sit with

my,

my body sensations in helping me to decide what to do with some of these things that are on my list. Coming up with more good decisions rather than bad decisions,

beautiful so using meditation to drop into some deeper place of knowing and intuition to know how to go through it. Thank you. Cheryl here wanted to do some

differentiate between doing what's right and being attached to the outcome. And number of them seems to be a thing, especially in families. Thank you.

Okay. Following up on

being likable and unlikable meditation You can help me figure out ways to tell the truth constructively.

Beautiful. Thank you.

Yes, Gail.

This is something you refer to earlier today.

It's the idea of staying with the feelings rather than spinning off in thought. I realized from my list that that a lot of

what what I get involved with in meditation is get really getting in other people's business.

Worrying about, about people.

You know, when what's going to happen rather than and what I should do, rather than just being with feelings and bodily sensations and meditation really helps with

Thank you. So one of the things I've appreciated a lot this today. And even, we can be very, very much so in the last comments that were made. But throughout the day was a feeling of a feeling of kind of depth in addressing some of these issues in our lives, and that there's something about restlessness which keeps us from really meeting ourselves in some deep way. And that there was a whole group as a whole I felt and also individuals, I felt there was kind of a truthfulness and honesty of kind of recognizing and seeing what's here underneath underneath that restlessness, you know, and so part of and also this exercise now, which is, I think, can very profound exercise. And I appreciate very much that you were willing to Stay present stay here, but we did it. But the, to be able to touch these sides sides of us ourselves unresolved difficult parts, you could make a list like that Not as a form of self punishment, but rather as a way of being very truthful and honest. And, and diving deeper into our life in a full wholehearted way. So that the fullness of our hearts the fullness of our practice can really flower much more into our lives. And I think I hope that mindfulness meditation is a way of becoming more truthful. And so that requires us to really stop and settle and really face and meet ourselves in these deep ways that we can when we take the time for it. It's also very helpful to be able to recognize what is unresolved As unresolved, so that sometimes just even just a recognizing, oh, that's unresolved. That wonder it keeps coming up. Then it's maybe easier to put it aside temporarily. Oh, yeah. So now I know what that's about. And so now maybe I can, I can show that for the rest of the meditation. And I'll pick it up again later. It's unresolved so later I'll deal with it or work on it to try to address it in some way. Because otherwise there's unresolved issues that can keep coming in to the expression English dogging us that expression to keep coming in, over and over again and known people and I've seen it myself sometimes where something is dogging me something's bugging me. I keep kind of brushing it away brushing it away brushing my teeth, you know, it's not really spirituals I really important does not really, you know, whatever, you know, that's not what meditation supposed to be about. And it keeps coming and coming and coming until finally I have to admit it or face it. And I think part of the part of the function of meditation, mindfulness is to help us with that kind of honesty see ourselves. And in doing that, and then the, the popular image of meditation becomes much more realistic. The popular image and meditation being something helps you become calm, then you're calm is is realistic, and not kind of romantic. And there are people who kind of will try to hold themselves kind of in a spiritually, spiritually calm way that's not really real. But if you go through the turmoil of your unresolved issues they released, be present for them and learn how to be present. Then the calm that comes hopefully, will be much more depth and meaning for everyone concerned. So we started off the day by talking about I talked about the times when it is useful just to sit really still in the midst What's happening, midst of whatever is happening in the body, but it could also be midst of what's happening in our minds or hearts. And that it's a beautiful capacity to, to recognize what's happening. And to find a place to rest with take our awareness and rest awareness in the middle of what's going on without needing to do anything about it. There are certainly at times to use will do something about about things, but to have that ability to be really still beautifully still kind of vibrantly, still, with our life. And, and I know for me, that it's most poignant to do that, when things are unresolved or when I'm agitated, but something and it's it's harder to do it then. But it's more poignant, it's more kind of it's feels more precious. Even it's hard when there's that kind of feeling. Oh, you know, this this, stay there close in, stay intimate, close, keep everything close in, and just don't do much but feel Be present, be still in the midst of it.

So I hope that when you're visited by restlessness and worry, restlessness and remorse in the future, if it should happen, that you will feel that it's really valuable to stop and pay attention to it, that you really kind of, kind of don't try to kind of push it away too quickly. But find a way to really kind of address it and be with it and experience it. And in doing that kind of go through it, rather than try to go around it.

That's what I had to say for today. We have a few more minutes and what needs to be said here. It's, it's till we can kind of feel finished for the day. what's what's unfinished or unresolved? Here, which anything questions you have or concerns at this

One thing that came up for me in this list, when I actually looked at things that were unresolved, were things that I wanted some kind of

settledness about it. And it came to me that it's all impermanent. And it's going to change. And

to me that really helped the idea of being able to be with it, because it's going to change anyway. You need to be able to be in the midst of something being unresolved. Knowing that even if I were to, quote resolve it, it's going to change.

Yeah. Yeah, some things can never be resolved. And so learning how to be okay with that as part of the process as well. And then some things need to be resolved. And sometimes things change. Of course, everything changes. But some things change in a healthier way. If we apologize, for example. And, you know, are they changing better way quicker? So sometimes it's not just a matter of just accepting and things change, but it actually requires something from us as well.

Yes. Is there

a mic near at the back?

I think

one of the powerful things in going away from this morning with is

the importance of resolve in my practice, to see all these unresolved things as unskillful behavior myself in the past recognizing that for what it is and having the resolve to want to act skillfully in the future, and

How much I appreciate and have gratitude for my practice of Brian seen for for you.

Great, thank you. Thank you.

Well, this woman mentioned that a lot of unresolved things as our mind came from not paying attention at the time not being present at the time. So the lesson for me is to when problems come up, I often do brush them aside or just change the subject or, you know, with other people sort of move on. And then it's a problem instead of staying with Tara Brock has uses that phrase learning to stay, just learning to stay with the problem at the time it comes up.

Not letting it go on

for months and years.

So we haven't you know, we have this wonderful bumper bumper sticker, right. I break for suffering, but it could So, you know, they also do another one, maybe I stopped for problems.

So how many of you still don't have the handout for today? There are a few I have just I can make some more how many 123455 there's two more I hear and there's a mixer more, there's upstairs, you wait a little bit. It was posted online. So and the, um I'm curious, you know, I, I, every month I write these up. And how many of you look at them during the month. And how many of you find it useful to kind of engage in and reflect on and do other things. And one of the things that I wish we had more time as a group together I think it'd be great to spend a little bit of time kind of digesting or talking about debriefing with your experience of this homework is so we don't really haven't really had the time for that or haven't taken it. So I just want to say that you know, just mentioned that it feels like it would be more complete, we would spend a little more time kind of on that as well. But that's something some of you can do with Ynez or, or with friends, keeping in the sand as I keep talking about the importance of finding someone that you can talk to about some of the reflections. And I think it's really good and it doesn't have to be even someone you know, sit down. Maybe, maybe it's better, you know, someone you meet at a bus stop or a bar and but I put a lot I put a lot of value, a lot of value in, in the, the, the, the process of inquiry of deepening and exploration that can happen when we talk about some of these issues with other people, or feelings or ideas or various things about it. So I hope that some of you were taking the time to try to find someone to do that with go for a walk or a cup of coffee or something.

And

so next month, I think our next class is on May 1. Is that right? You know, may 1, I believe. And, and it's next month we'll do doubt or indecision or something. Doubt is and, and so we have two more classes. We have doubt in May. And I think in June, I think it's in June, we have June 5. So the class is called the hindrances in depth This hasn't been deep enough yet.

Yeah, extreme extreme hindrances.

Bring your helmets

so thank you all so much