

2011-04-15 The Paramis Resolve Meditation And Introduction Part 3

Tue, 8/18 11:05AM • 50:11

SUMMARY KEYWORDS

resolve, people, wisdom, beautiful, truth, felt, practice, group, important, peace, buddha, holding, letting, buddhist practice, stay, recognize, flowing, person, determinations, mind

SPEAKERS

Gil Fronsda

As part of this meditation, as we come to the end of it, I'd like to offer you something to reflect on your eyes closed and your, whatever quiet you have. And the first thing is to consider what might be the most beautiful or one of the most beautiful interstates that you've ever experienced. You've seen in yourself or felt what's the most beautiful, most valuable and most precious way of being on the inside state to being state that you know you've experienced in your life.

No, perhaps if it helps, remember the time you had it circumstances, so becomes more alive here. Consider how it felt in your body and your mind and your heart. Energetically, it was like to have this beauty prominent from within.

And if you have trouble finding something to just find like the it doesn't have to be the absolute most beautiful or some external standard but for you it's been the most beautiful for you. You know? And how is it experienced? Was it felt? How was it seen recognized?

And how did it affect you to have this to be in contact with it? Which way did you evaluate it?

And then if resolve could be also a beautiful movement and think beautiful inside not harsh or hard or obligation but the resolve was a beautiful thing. Beautiful. It lightened you rather than made you heavy. What would it look like for you to be resolved on this beautiful quality that you thought about this beautiful interstate? How could you be more resolved in relationship to it?

I would like to ask or I'd like to hear a little bit from a few of you something about that what happened for you something about that reflection anything you want to share partly so that I know perfectly so, you contribute to the group process here. See how we go forward from here informed by some of the responses or thoughts or reactions, something has happened that reflection.

I just went back to that feeling of what that experience

felt like in my body and it just a tremendous, great open

opening, heart opening, opening.

Even going into vulnerable vulnerability as well, but just that wonderful feeling of opening, beautiful, expansive, beautiful, thank you.

Someone else

right behind your return.

When you said resolve,

in my reflection, I was just thinking of the courage to overcome beautiful Thank you

One of the suggestions that was made in the group before that I haven't done is to visualize.

And so this was an attempted, you know, perfect place right away to try that out. And I think that's nice even if the visualization wasn't about the resolve still brought up the feeling that you want to have about the resolve you've taken. So I thought was very good. Thank you.

I sensed that what was needed was

a willingness to recognize that feeling in any situation, and to let go of whatever conditioning was in a way to, to realizing that

but that feeling is available to you all the time. For you, and so, willingness to recognize it beautiful, thank you.

I fell a couple of days ago and hurt my arm. And

I wondered point I was thinking

for me,

and then I decided to turn it around and say, lucky me.

And

lucky because

I've never been. I've considered myself not that good or not that interested in mindful walking. And so

lucky me was,

was about

the universe, sending me the message, in this way that mindful walking has wonderful benefits. And when I went walking during lunch, I saw the most beautiful flowers and a hummingbird and it was just like I was

I was being rewarded for

my resolve to walk mindfully and look at the joy that comes to me when when I remember to do that.

Wonderful, thank you.

You know, you don't know what's coming next. So yes. I've

had many joyful moments, but I've never taken the time

to treasure them or save them or remember that.

So your question was kind of

illogical in my mind.

I had a difficult time remembering anything because I never

make a conscious effort to

store anything because I

thought that it's every moment is a new moment. And that's what counts. So sorry, couldn't figure anything out.

Interesting. So this is a very important, very important thing for you to see about yourself then. And to think about spending time reflecting about that. And certainly in Buddhism, there's an emphasis sometimes on just being present and let the impermanence of life just flow through you and not, you know, not really hold on to anything. But on the other hand, the appreciate seeing and recognizing something clearly. And in addition to that, appreciating something that's beautiful, strengthens those qualities inside of us. And if we don't take the time to recognize or we don't take time to appreciate, sometimes, certain things don't develop, get stronger and become habits. In a lot of people spend time appreciate reinforcing unhelpful habits so you know, every time you miss the green light driving your car, you go shoot, that's a certain kind of appreciation, it's a certain kind of that's reinforcing some pattern of, you know, React reaction. And so, but we can return to turn it around, and I started appreciating what's beautiful or wonderful or significant. And so in Buddhist practice, for example, a number of wonderful things can happen in practice. And you don't want to get attached to it. But you don't want to also just kind of dismiss it and that there's a way of learning from it and developing from it. And you find the Buddha in this sutra, sometimes talking about clearly recognizing when something is there. And, and I think appreciating the Buddhist word for appreciation to kind of is anumodana. And it's a beautiful quality and the so you know, we were not surprised Also is not to everything's always changing and impermanent. But that doesn't mean that we have to be just the passive in relationship to that. The fact that things are always changing doesn't mean that you can't affect the way the river is flowing. So maybe it's a better wrong example. But say there's a creek going by your house, because you can't stop the creek from flowing, but you can be redirected so it doesn't constantly overflow into your garden. Or you can redirect it to go as close to your fruit trees, so they can grow strongly. And so part of Buddhist practice and part of the teachings of karma is that you're taking responsibility for that stream and creating conditions for the beautiful things to arise. And so one of the things that helps that is appreciation of them. They're there. Okay, yes, one more.

I was recalling the last time I saw my mother alive and she was asleep and in quite peacefully and I had, she wasn't close to death at that time. So I had no conscious awareness that this was possibly the last time I would see her but I, I just had this incredible sort of meditation just looking at her and feeling, the intense love that I had I just felt and that the love between us that we had shared because we had a very beautiful relationship all my life and so just this permeation of the Just like savoring her in a very wonderful way and so to think of maybe possibly having that towards other beings. Oh,

maybe so for all of us, thank you. Okay, so that was an introduction to what we're going to do now. Which is the Buddha talked about for particular things that were useful useful to be resolved on. And one way I have been thinking about this is that you could have an end in sight something it's important you want to do, but you know, you've certainly resolved on it. But in order to get there, you need to be resolved in something earlier the steps to it. So like if like maybe say you you're really compassionate and caring for people and you decided you want to be the during the summer you want to be a lifesaver at the beach. So you resolved in doing that The first thing you should be resolved on is learn to swim. And then you should be resolved resolved on learning the skills to be a lifesaver. And then you finally get the job. But can you stay up all night partying, and you get you get there on the beach and you're like, you know, because that hearty stay awake and notice when you know and other people out there, you know, you know, you're, you know, you fall asleep at the, your life's life saving tower and you lucky don't fall off. You know, that doesn't help at all. So you have to resolve while you're in one of those resolves determinations during the summer of being lifesavers, you have to resolve to go to bed early. So you can be effective. And so it has to be the resolve. And so that's what I'm trying to say is that there's an other you know, you might have something in something in mind, but you need to take other steps into account as well. So these are four qualities of things too, for things to be resolved on the Buddha said and this can be seen as kind of a stepping stone Are there foundation stones for Buddhist practice as a whole, that can also be seen as good for almost anything else you want to do? And so what I like to do is to give Have you explore these four qualities by breaking into four groups? About 10 people, I think in a group or something, and when you get in your group, once you'd like to discuss, how is it that this particular quality that you'll be given is helpful for you in Buddhist practice, spiritual practice mindfulness practice, whatever your wording of that is? How is it helpful and

why is it Why is it important? How's it helpful? And what are the ways that you can Have this quality be a bigger part of your practice? to how, you know, why is it important? How is it important? And how can it help? What can you do to make it a more important part of your practice. And so this would be good 10 and you can kind of start off by going around the circle. This one's one ground, everyone speaks maybe a couple of rounds or something. And then it can be more open discussion. But I'd like to have one person who's the recorder, the reporter, who, whose job is at the end when we come back here as a whole group gives a report about what came up in your group. Now, this is kind of an art this thing. I I think I'd prefer that it wasn't just kind of like wrote down, everybody said, just read it all, all the points. What I actually prefer, is you can take notes and stuff that I prefer is the person who reports back gives an IT impression of what went on in the group or gives their own kind of, maybe it's very personal but their own kind of digestion of it or their own kind of summary or overview of it without kind of going through all the different points people said, that makes sense. Kind of just have it in there with that, okay. So once before you start one person has to volunteer or be assigned, you can decide. And then so let's, I think we should do this by maybe counting off from 1212124124. So you're two three One just 123

or 123412341234

for 4k someone say something

dumb ARE YOU TO THE ONE TWO? Get anybody left out to three? Anybody else? Okay, so one can meet the kind of in that side of the meditation hall to come meet me on this side. Three can meet in the community hall lot by that kind of pass through to the kitchen and forks. Meeting the kind of doorways going area, that's the corner towards the library. And then I'll come around and tell you once you're all settled, what is your quality that you have to discuss?

They're, hopefully we're enough back. So let's do the reports. Now. I suspect that the reports are too long. So no. So I think I think, you know, probably like three minutes each, given that way, we then would be here, you know, so, anyway, so maybe focus on three minutes each and if it looks like it's going somewhere well beyond that, I'm gonna ring the bell Yeah,

So let's look at the first one. And the first one is wisdom. Yes, let's have the wisdom, three minutes wisdom to the mic.

Remember, this is kind of like your

wisdom arises that I chose to be the one to, to take the notes. So I have to refer to Jewish wisdom and use the word boy.

I think for me is really interesting. Because it wasn't an easy word. I think for our group to play with. We were coming with definitions, but then another idea and another idea and where does wisdom even come in the resolve For. And so the sense that I that I was getting from our group, it's, it's the beginning, it's in the middle, it's in the end and it spirals back around. And it's part of a spiral wisdom that works. And what comes out of that is we have we have clarity, it offers a way to look at things deeper to find out more what's in there. And then as we work with that, it actually came around faith was a big word in our group and actually discussion because of everyone's background, faith, you know, has its whole own discussion. But it seemed with that then there's faith and there's trust and the sensing of, you know, then again, how did I even begin the practice will there was a wisdom of something maybe deep inside me, that put me into the practice, and then seeing other wisdoms that it And arise from that. So it felt for me listening in the group it was a really beautiful offering. The Wisdom is an offering and it's actually an an earthing and seeing how actually the trust that we have this knowing inside ourselves. And when we begin to trust that deeper wisdoms, I think, seem to be coming out for everybody in their life. And then there's the faith part comes back again, there's faith in the practice. And, and then, you know, what was the Buddha pointing towards, you know, he was pointing towards yourself to see that you have this inside of you, and that it could arise and that in itself, then, again, is wisdom. So it's, it's almost a self perpetuating. Thing is what I actually got from our, our group, then it's self perpetuates itself. Beautiful,

beautiful. Thank you.

So the first one is wisdom. The second is truth.

So, this is, of course, my personal truth, my interpretation of what everybody shared about truth.

And I think,

first, I think what I was struck by is, as I went on kind of trying to summarize what people were saying, I think I got a little more confused in that everybody seemed to kind of be saying the same thing. As I look back over my notes, it was just sort of repeating and essentially the same thing. And it was also suggested to me that, you know, kind of gets three it's sort of tended to kind of get reduced down and was even suggested that I've just grabbed a flower and hold up the flag, you know, an expression of truth. So first, I guess the first thing that I heard was what sounded to me like you know, talking about truth in terms of honesty, in terms of, you know, just speaking truthfully, and how speaking truthfully, kind of support resolve by reducing or avoiding psychic distress, and, and the stress and distraction that would come with that. But then that was

sort of reinterpreted for me as

actually acting or living from a place of truth from kind of the truth in terms of the true nature of reality or the reality of where things really are. And that that is, in a sense, an essential basis for resolve in that. If you're, if you're, if you have resolve around something that's you know, it's a true basis for resolve so if you have resolve if you're have resolved around something, based in the truth that makes more sense than having resolved base Round something that's based on delusion, so that you're again acting and living from a place of the truth, the way things really are. And then,

and then we talked about

that scene. Yeah, so seeing the truth, there was the need for sort of an awareness of that and an acceptance of that. And that in accepting the truth, that there's such a relief and letting go of attachments and a freedom that comes from that. And other words that were used was release and

sort of

an end up struggling and a peace and a relaxation that came along with that. And that, that in itself, then the results sort of just became, you know, just obvious and just sort of just obviously flowed from that.

And,

and then also was mentioned that continuing to come back to the present moment continue to come back to the truth and an awareness and acceptance of truth was in itself sort of an expression of resolve.

And that

turns of supporting the truth as an aid to resolve that, again, being in the present supports truth. It was mentioned that sort of an intention and foundation and ethics was important in terms of supporting the truth and a lack of judgment. When one is trying to remain there and the truth, and then also flexibility so that I guess so that you stay with the truth and not with what you make Think is the truth.

And

and one other interesting thing that I that was mentioned that goes again back to how when one sees and accepts the truth and that there's and the strength and the clarity and the peace that comes in that

and how that that just naturally leads to resolve was someone who kind of put it in terms of the hindrances, and how when one sort of like looked at the hindrance and saw the, the truth, hundreds for themselves, particularly hundreds, that just in the act of sort of seeing it and sort of becoming one with that, that the hindrance itself was in a way resolved. Thank you.

So,

little over three minutes. So let's see if the next one it can be three. So Now we have letting go

Am I on?

Okay? Yeah.

Letting go with ours. And

so

the importance of letting go, I got the sense that that we our group felt like we had sort of gotten the plumb out of the four that

that this was the

sort of the core the heart of the whole practice.

And

some specifics were that

we felt like

it was something to be realized to be felt to be.

Become aware of on a deep level the importance of of letting go and space sness was something that came up a lot. That letting go was important to allow space for everything to be experienced not to be stuck in the past holding on to something that's already happened. And development through cultivation, repetition role models, developing habits, mindfulness, and again the body came up again as far as feeling the benefits of letting go and the downsides of not letting go. And lastly, we talked quite a bit about noticing the cycles and the changes in nature, both within our own physical bodies and all around us and that was a very useful way of the To let go just seeing how things are just going on their own.

Beautiful. Thank you. And then we have the last one

which is peace

be resolved on peace. So speaks the mother of three young kids. Yeah. So peace

our group took to be kind of the idea of peace of mind, which people recognized was a fleeting and sometimes difficult state to sustain, but one that similar to letting go had a sense of spaciousness and a sense of being able to have wisdom and truth from that place. So it really felt like a very, it's sort of like what's left when you get rid of all the other stuff, whether it's when you're meditating and you can kind of get your mind quiet. And then there is that spaciousness and that sense of being able to feel that ease. And so it was easy for us all to see how that was an important place to be in terms of allowing us to, from that place, let go of all of our weaponry of agitation or anger or whatever would make us do all the things that we might regret later. So, ways that we've thought of to support that. Were certainly mindfulness like being in the present moment noticing what's going on? Or are we in a state of war in our minds or in our bodies when we're having a conversation or how we're relating to the present moment. And also cultivating like our meditation practice as a way to kind of touch a more peaceful place and ourselves and be able to kind of be reminded that there's this other state Besides, or like, suffering or agitation And a number of people said, it's sort of easier to notice. It's easier to figure out how to get rid of the negative stuff than to just sort of make yourself have the peaceful state. So it was more a matter of like, how do I learn to turn down the volume on those other things and then once we remove those or address them, skillfully and get that need met, or that feeling acknowledged, then once that resolve that we could we could achieve a more peaceful state. And then from that place, it was all easier. Beautiful.

Thank you very much. So these four things to be resolved on that the Buddha talked about for Reza, Id Taan has four determinations. So that to be determined on wisdom, on truth, on letting go and on peace. And when I think of these and why you may come up with these four is that This can be done in small ways, small steps in daily life. It doesn't require it's not like the big bang piece, you know, like, blow your socks off piece. It can just be in this situation this difficult situation I'm in, can I kind of incline myself Can I kind of look for how to be a little bit more peaceful here not be caught up can I let go? Let go of something here and this difficult situation what can I let go of even if a small thing? How can I kind of look for the truth in this situation? And we often do that anyway. And then and you know, wisdom. So wisdom means many different things. But how can I be wise what would be the wise thing here, or at least least wiser than what? What's operating now. So I think even small steps and so to incline the mind and to keeping resolved on these things, because there may be accessible in small ways. They are the stepping stones to some of the more enduring and more powerful change. And transformations that can come with practice. So to start, you know, to to focus on that and there they can be close at hand at times. So you might consider this you might consider which of the four your strongest that which are your weakest that you might see if in what ways you can bring one of these four into a day or two a week into your life and, and, and see if that can kind of give you some compass for your daily daily like life, practice some orientation, some context for it, not just to be present and mindful of what happens in daily life. But today, I'll be mindful and present. But I'm going to look for the truth I'm gonna look for to be the wisdom here. I'm going to look forward to let go I'm going to look for where the peace might be in this. So these are four resolves the time that the Buddha championed. Okay. Okay, so we have a few minutes left and what If I don't have enough time for what I had in mind, but what I'd like to do is could we make a maybe it's too many people for one big circle, but maybe we can make two circles maybe it could be like that, the floor people can be in the inner circle and the chair people can do the outer circle. So that we can kind of see each other as a group here. In a circle. function of a Dharma practice days so we can engage in Dharma together with other people, and, and learn from each other here each tear ourselves informed by people kind of explore it in a community way. And an important part of Buddhist practice is to have a sense of community or Sangha feel connected to each other. And that's one of the things that can happen here. It's probably these Dharma practice days is one of the strongest, quickest ways to get plugged in to other people and be connected than almost anything we do at IMC. You could come for years to Monday night Some, some of you may be have,

and never talk to anyone and just sit there and, you know, the back and slip out. And especially if you're an introvert, it's gonna, you know, like, they decades. And, and so but anyway, so this is kind of a way of community and I wanted to sit in a circle to appreciate that and also to maybe reinforce that. Here we are today we've been a community and we'll be exploring the Dharma together. And I think it's, you know, it's quite a phenomenal thing in the world that there's a group of right now I think about 40 of you, who are interested in the Dharma and exploring it this way and engaged for so many hours in something because it's a really beautiful thing. It's not that common in our society in our world. So I think it's nice to sit this way and see each other. And there was one more thing I wanted to kind of cover we we only have 10 minutes left. So perhaps we can do it with just some brief statements from different people. Second is popcorn. I want to see what people offer as a as in response to the question I have. And the question is, how can you get in trouble? By being resolved? I can How can being resolved become a problem so holding on too tight, being stubborn and willful willful

having fixed views

losing sight of why not chose to be resolved, failure to use wisdom which makes you abstinent,

superiority

resolve

So you're what you're resolving is feel extra important and so, it can be delusions of superiority that come along with that. There's other people causing harm by pushing through too hard in the wrong way all about me. So, resolve requires certain kind of personal efforts perhaps. And since it requires a certain kind of personal effort, then it can be a good tie into all kinds of delusions and problems around attachments around self. focusing too much on the outcome sorry, when the resolve becomes a clinging so eliminating

other options

When eliminate other options or blinds us to other options that might actually be even better.

When conditions change, not being willing to give up the original resolve forgetting to be relaxed about it

can be a problem if you stay resolves with resolve so you give up too easily or you become complacent.

It was it was a Deborah who brought up the issue of shadows earlier I want to say a couple of things about the shadow side of resolve. Well,

I suppose it resolved for you

Yeah, but what would you use it like? If

we could see resolve as on a continuum and there are some very negative possibilities that can come out of resolve like harming or stubbornness or attachment and clinging or really holding to a wrong view or I continued, kind of selfing and

also

imagining if we forget

all the parts that

are affected by resolved like our body

forgetting

to take care of ourselves in terms of our self and relationship and others around us, because we're so determined like that.

Thank you very much. anymore things a problems

blaming and judging people events that get in the way of our goal were resolved on the judging blaming unnecessarily.

Taking the ends will justify the means waiting others who don't have a similar blaming others who don't have a similar resolve and looking down at them the superiority thing now, those fools who are only resolved on truth I'm resolved on letting go.

If they only have to let go, they can be like me. Yes.

That's where all the trouble came from.

So you had this you had to act on your unskillful resolves to see how you got in trouble. And then that should help you find the place of come from heart a beautiful place. Nice.

Si, si si get into trouble when you stay fixed on a particular way of being resolved not realizing it has to be fluid or flexible changing that ended spending a change in conditions. Nice. Okay. Yes, last one was, you know there's so many business people

Purpose Driven Life and You know they're destroying the world in the name of their resolution so

we're not open to what is

so not understanding alternative components or not understanding the unintended consequences of your resolve you might have a particular thing you think is good, but you don't notice all the people you mow mow down in the way that you're gonna bring world peace to the world. But don't all those people who stand in the way of that

the

so thank you so I, you know, our capacity to happy resolved to be heavily energized, committed and enthusiastic, devoted. Follow through intention is a beautiful thing can be a beautiful thing. And some people hesitate to devote themselves or commit themselves, they're afraid they're reluctant. They

whatever is many reasons they hesitate. Some people throw themselves in a blind lane, or appropriately on skillfully in ways that cause harm perhaps. But finding your way to resolve I think, having a sense of its importance, I think it's a beautiful thing. It's fine to the fact that they, you know, that does it in the morning that resolve has in its Latin origins of the word, the idea of dissolving our solution, something that's fluid and dissolve into. And so in Buddhism, Buddhism has to have this combination of whatever you're doing has to be connected to becoming freer, becoming more at peace. And so if you just make sense isn't to make so much sense if you do your Buddhist practice and just makes you more uptight. And so you can be very resolved, dedicated and committed and to you know, to help you dissolve the places you're all tied up, dissolve your knots. And but to the other word, and I like that analogy of his commitment. And then when I looked up to the origin of the Latin, Lord, in other words, commitment, you know, communes with, but MIT is like mitten, it means like to touch, and, and to touch with. So commitment had kind of means to be in touch to be intimate with something. And so they are being resolved not as some great abstract thing far in the future. But to have a sense that there's a kind of commitment or something, something here immediately in the present, that you're committed to that you're in touch with, that you're intimate with, that you're moving towards, you see as a possibility for some greater freedom or compassion or love. Here this moment, what would it look like? What would it be? Many years ago, I met a Zen teacher. And I wasn't it didn't jump out at me that I wasn't inspired this, this is by the person's wisdom. I wasn't inspired by the person's freedom. I mean, it could be the person was quite wise and quite free. Or the person's kindness or love or many things that could maybe you'd maybe look for. But the thing that stood out for me that inspired me at the time was his years of his committed practice. Like he is resolved to practice and stay, stay by the fire, stay in it, keep doing day in and day out, just practice, practice, practice. And it was quite beautiful to see the strength, the power, the dignity, to know Ability the way that kind of, you know, kind of was held in him and carried him and oozed out of him. And it was really inspiring to see. Not that everyone not that well, everybody supposed to have that as their standalone quality that stands out. But it's, it's a beautiful thing to have, be committed in your practice to have the follow through to have a certain kind of determination that this is important, and I'm going to do it. And without something like that, probably there's no practice at all. And it would probably say serve all of us well to be a little bit more committed or a little bit more resolved and devoted and enthusiastic and variety of words synonyms like that. So that was the parmi resolve. There is a handout here and It has, those of you knew the handouts usually have some quotes from the Buddha have to do with this kind of topic. And then the other side here, it's two sided, as some reflections, some exercises you can do this month on the resolve. And often with these things, it's good to do them a number of times. And in one way, one way to use this kind of year long program is to spend the month between our classes to really repeatedly come back to this topic to the particular theme of the month and explore it and talk to your friends about it and experiment with it and kind of make it more a part of them a month. So you might want to make a resolve part of your month here.

And, and that's it will be in preparation for our next part of me on May 6, which is loving kindness. And we have two more classes. two more days like this this year. And as you As a customer that IMC the people that practice here, take care of your place. And so if there's maybe seven or eight people who stay behind to tidy the place up in the kitchen and clean the floor and do the variety of things, do we have that? going on here? So one two, is your that okay? So 1234567 I got you, I think one more eight. So Ed, there he can, he can be a point person to give you assignments or make sure everybody knows what they're doing. And then, for whatever benefit and merit that has come from our exploration of resolve today, may we consider how those benefits and merits and inspiration or whatever, how we can take and turn it around and, and, and spread those benefits from us out into the world. So then what we did here today benefits the world as well. May all beings be happy Thank you