

# 2013-06-05 Reference Points

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## SUMMARY KEYWORDS

reference, point, reference points, ease, notice, compassion, compassionate, life, mistreating, helps, highlight, uneasy, expectations, happening, hold, ideal, tense, predispositions, carry, rumah

## SPEAKERS

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Having or having reference points for your life any something, some point some something which becomes a helps you to see better what's going on for you to helps you to notice what's happening. There's so much we can possibly notice, for example in our world. And our world gives us reference points that they would like us to be concerned with. Those people who watch commercials on TV, there's lots of reference points they'd like you to be concerned with. And when you go around to hopefully the reference points that they want you you'll notice when you go shopping, and you know, people who are trying to shape people's political views, consumption, use popular views, religious views, and they say, Can I offer you things and hopefully that becomes a reference point for you. Are we enter into different situations in our life with our own reference point, some of us at different times, the day or the week or whatever it might be our mood is the reference point. So if we're grumpy, or aversive or sad that the reference point and everything kind of gets related to that reference point or interpreted through a reference point. Or if we're happy or delighted, it provides a different reference point for going through life. And if you're really happy and relaxed, it could be that things which are troublesome normally for you and are troubling, you kind of hold them worse or spaciosly. And so, the reference point of reference points that you keep close at hand are meaningful things and what reference points do you carry with you and doing Buddhist practice, we can choose certain reference points that we carry with us for a week. for a day or a period of time, in order to highlight certain things or allow certain things to come out more likely come out than they would if we didn't have the reference point. So some of the reference points that Buddhism offers are sometimes referred to as ideals. So there's the ideal of compassion or kindness or being ethical or being mindful. And if you say call them an ideal, then it's very easy to have it as a shirt and measuring yourself and expectations around it. But if you call that reference points, I think it gives you a different feeling for what it's about and how to use it. If the reference point is compassion, without any should get should be compassionate, the reference point, then you can say, what's the you know, it's interesting compassion. I'm thinking about compassionate a lot today. And then it might be almost the natural to what would be the compassionate thing to do here. Or are you notice someone is being rumah kinder than they have to be. And so that's, that's nice. It's a nice example of compassion. And maybe you would notice, wouldn't have noticed that if you hadn't had that reference point of compassion. Or perhaps you notice that you are not compassionate. This is in a situation it wouldn't have occurred to you not to have been compassion ordinarily as you went by your life, but now because compassion is the reference point for the day and as well, I'm not being compassionate right now. And then you notice that you beat yourself up, or you notice that you're curious about that? Why is why am I not compassionate? Or you notice that you would like to be now that you're reminded of it seems natural and easy. So it becomes having the reference point, the reference was compassion kind of becomes a mirror because highlight certain things but you helped you think certain things. Having the ideal of compassion might be a burden. Summer might be quite a different impact on you.

So there's different reference points you could we can choose. And even though even having mindfulness as a reference point, you don't have to be mindful. But you carry with you the idea of mindfulness. So you go through the day, and then you might find yourself noticing. Yeah, I'm not particularly mindful right now. Or I was mindful, that was mindful thing to do. And you kind of appreciate notice what is with the idea that the more you notice about yourself and what's going on, you will naturally or kind of have wisdom or understanding or about what to do. You don't need to feel bad about yourself. You don't need to haul in shoulds and expectations and measurements comparisons of yourself which is supposed to happen, that if you just kind of sort of noticing more deeply what's happening, there's something in the system that will naturally at some point help you to understand what needs to be done to help you take care of yourself and the world around you. But sometimes It helps to have these reference points that highlights things or magnifying glasses that helps us look more carefully. So one of the, I think wonderful reference points to use is the reference point of ease, to be easy to be at ease. And to carry that with you as a reference point. It could just be the use of the word one way simple way of using reference point is just periodically through the days till say the word ease, or say the word at ease. Just without any expectation you're supposed to be or anything, just say it and see what happens. Chances are just saying that word, something will shift inside of you. And you don't have to even want it to shift but something beneficial happening to ease or at ease. Maybe you'll notice that you are at ease, maybe you notice that you're not at ease. And that's it's interesting to know, right? You didn't know you were so on at ease. And maybe now that you know what you can do something about it, maybe, or maybe you can be relaxed about that being uneasy and not let it be a trigger to be to bark at someone. Maybe you've learned that when you're uneasy, it's better to hold your tongue because of bitter experience. And so the just the reference point of ease, let you know that you're not feeling at ease. And just that kind of, you know, just something different happens that's beneficial. And so the reference of ease, so have the reference of you, and maybe you heard experience of being at ease in your life. So the word the concept of ease goes along with your experience of being at ease. And so the memory of that and what it felt like to be physical ladies, emotionally at these psychological ladies, then it comes into the picture. And with that in the picture, it highlights better what's going on, you can see more clearly, the different ways that you're not at ease. Maybe you notice your attention, maybe you notice that you're feeling uneasy in your hearts queasy or you feel tense in your mind in a way that you wouldn't without that reference point because you're so involved in what you're doing. And then what do you do then, with that information with seeing that what happens then if ease is the reference point, then it might also make you more sensitive to either the ease that's here being at ease being at peace, or it might also help you to discern to notice how you can be more useful. In a situation. It might be very simple. It might be that you are holding your hands in a tense way. And you when you get reminded of ease, you notice you know that my hands are not at ease. And so just just noticing that probably just your hands were kind of released a little bit. It's hard to kind of maintain and kind of fingers kind of playing with each other in an intense way. If you look at it and really feel that that's what you're doing something begins to Release. So what I'm trying to convey here today is that using the concept of reference a reference point is a very useful thing to do. And it has the benefit of not automatically being a should or project, or somebody says you have to fix something or be different than how you are. It's a very generous kind of approach to your life just but it's one that because it's so valuable to see clearly what's going on. That it enriches your life and helps you find the way it was the way forward and was useful for you. But it does make a difference what reference points you use. If the reference point you use is how everyone is mistreating you can you get out you get leave the house in the morning and that's what's on your mind all these people. And then guess what? without reference point you might notice that more often, if the reference point is most people are ignoring me. couldn't care less about me that might deliberating it might, you know, three years from now everybody's mistreating me kind of thought, you know? Or if the reference point is, you

know, or maybe it's depressing, you know, everyone's ignoring me that's like the big Boogeyman in your life. So maybe it's a different reference point. Maybe the reference point is, is, is friendliness or smiles, smiles, who gets a smile? I don't know. I'm just making it up here. But, but what reference point you use is very important. And the last thing I'll say is that chances are very good that if you're not involved in choosing what reference points you use for understanding your life as you go about your life, something has chosen for you. You're going to have a reference point, no matter what and so either you kind of go along with what you've incorporated from your you taking in from your culture, your family, from your life experience from your personality, your predispositions. And they're things that in your, if you give careful thought about it, you may be you don't want those reference points, but we always have reference points. And so one possibility is that you are a little bit more involved and choosing which those are. This is not pollyannish. It's not kind of covering over what's happening there. It's just like you slowly like solve that kind of highlight something or show something or reminds you of something or helps you to see in a different way. And so maybe helps you see in a way that's beneficial, rather than in other ways. So reference points, what reference points do you use? What reference points would you like to use? And could you imagine experimenting with a practice of different reference points in different days, and what will happen to you as you go through the day with the reference point that you've chosen for the day So, and if you need if you can't think of any reference points whatsoever, but you'd like to use one, then use ease. Try ease. Okay, so that's