

2013-07-10 Practice Notes

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SUMMARY KEYWORDS

quiet, holds, meditation practice, opposed, container, dimensions, place, opposition, oppressed, kernel, noise, seed, meditation, pointing, connected, broad, supports, depend, room, tenderness

SPEAKERS

Gil Fronsda

One of the qualities that's often closely connected to meditation is quiet. It Some people like to meditate where it's quiet, but they're important. Quiet is that which is inside. But there's variety different kinds of quiet inside. It can be very nice when the thinking mind is quiet. And that happens occasionally. But there's other kinds of quiet that don't depend on the thinking mind becoming quiet. Some people are so concerned about thinking and stopping or something that they miss out on the other forms of quiet. Even if your mind is noisy, there's a lot of quiet around it. There's many dimensions of our inner life, mentor many kind of rooms of our inner life and there's quiet in there. Even if you're not quiet, there's quiet in there. And one of the sometimes it's possible to feel or access inner quiet in a way that supports meditation practice to find the place where you're quiet inside or find a sense of quiet inside. And the quiet that I find valuable is a quiet that has room for all the noise. It's not as opposed to noise or opposed to all the activities in the mind things going on. But it's almost like it holds it or as a container for it. The word container I like because it's kind of quiet, which is maybe it's broad or bigger, that holds it all. Or sometimes it feels like a quiet, there's maybe a small little kernel inside, place it they'll see it or as quiet even though everything else is kind of busy and frazzled, there's a seed of quiet you might see is up practice today during walking and sitting, whether you can find a way to tune in to a sense of quiet, a quiet, it's not oppressive. Some people are oppressed by quiet. They've been told too many times Be quiet. So not certainly not a quiet that diminishes you. But quiet that allows you to be how you are not in opposition to how you are. There's so many different flavors of ways of being and how we are changes over time and days. And not a quiet that is opposed to any of how we are pretty quiet, maybe that almost like a tenderness that can hold it or be with it or allow for it to be there. There's peace in this kind of quiet that I'm pointing to. So as you sit today, as you'll be here today, see if quiet, can be can be nourishing for you. Thank you