

2013-10-02 Practice Notes For Earth Care

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SPEAKERS

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This week, we are participating in a, I guess, an international Buddhist event called Earth care week to somehow the Buddhist groups are all a lot of them are. Teachers are giving some attention to, we care for the earth. And so I'll say more about it later. But for now, and this is a couple of minutes. I want to say that it was an experience I had in college. And which represents very well for me, a certain movement, there's an opening that happens through Buddhist practice. It didn't happen through Buddhism then but kind of represented it very well nicely. And that is, I was taking a class in botany introduction to botany and we were learning but oxygen carbon dioxide cycles. And we remember there's all these wonderful big circular diagrams on the chalkboard. We were all supposed to grow learning. And then I left the classroom and UC Davis Where was the school there. And we walked out into this courtyard directly out from the classroom, beautiful big oak trees that are there on the campus. And I came out and I looked at the I stood there in the middle of this courtyard, looking at these oak trees, and I was kind of stunned is the right word word. I was kind of made silent. And I had this I was reflecting on these, you know, oxygen carbon cycles, that just studied. And I had, I had this question, Where do I begin? Where do I end and where the trees begin where the trees and you know, and then I begin, because I realized I thought I had the thought that I could easily do without a kidney and without an arm. And there's lots of little parts that I think are important to who I am that I could do without, but I can't do without those plants that are making oxygen for me. And if and if they're more important than parts of me, then you know, who am I really where do I end? Where do I stop? And, and as I stood there, the sense of separation between myself and the trees, kind of softened or fell away. And I felt this beautiful kind of intimacy or connectedness or non separation from the natural world in that process. So Buddhist practice as well as a way when you do it, as you go along with it, that it begins to relax and to soften the ideas, the concepts we have that we live in much of the time, that creates a very sharp separation between us and the world, US and other people. And as we begin to relax part of the value of relaxing we relax not only your body, but we relax the Thought constructs that we live our life by, then we find ourselves having a different relationship with the world around us. And I think it's often many people point to that. So relationship where there isn't this hard separation, or I'm here and a separate individual with needs and demands and desires, but there's a softening of those that divide. And so that we don't see ourselves as someone who's separate. But the world itself becomes an extension of us, we become an extension of the world. It just there's an intimacy or connectedness. And to feel that in the sense that, I think is a very helpful foundation for considering how we care for the world, how we care for the environment, how we care for other people. I think we end up with a very different conclusion than if we live in a hard, tight, fast, bounded idea of me here and all Most people out of this world and things out there. So as you sit today and walk today, you might consider the role not only of relaxing, relaxing your body as you sit and as you walk staying relaxed, but is it possible for you in some ways to relaxed your thought constructs? Relax the ideas that you live by and see and that

softening of my ideas of me and others, whether there can be a sense of connectedness, non separation from the world from a relaxed place. No, thank you.