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SPEAKERS

Gil Fronsdal

So this week, we're celebrating what has been called being called earthcare week, a week where the B personality inside meditation communities around the country and the world in some ways is going to focus on the appreciating celebrating caring for the natural world in this world of ours. And so I'm going to give a few talks on this topic over the next week. What I want to say today is I want to tell you a short story that occurs a number of places in the suit those ancient discourses of the Buddha has to do with a Buddhist disciple Ananda receiving a gift of a number of robes. For them, and they gift the robes were given to the Ananda by a wife. And when the husband learned that the robes had been given to the monks was kind of upset. So he went to a Nanda. And he said, Well, you know, what are you gonna do with all these robes? You know, you can't use them all. You know, this is a waste for you to have it. And you already have ropes. And he said, Well, yes, but I'm going to go back to the monastery and give them to the monks whose robes are worn out. Yeah, but to what are they gonna do with those worn out robes? Throw them away? No, no. They've worn out robes. They're gonna make. bedsheets. What are they gonna do with the bedsheets they have? Well, they're gonna make those into floor sheets to put on the floor. But what are you gonna do with the floors They have over those, they're gonna cut them up and make them into pillowcases. Yeah, but what are they gonna do with the pillowcases already have they're gonna be wasted right? over those they're gonna make put towels. Yeah, but what are they gonna do with foot towel. So I already have these mugs, you know, they already have so much stuff. And with the foot towels, they're going to shred them up. And when they build their kind of Vegas or mud cabins or something to live in, they're going to use the shredded cloth to support the mud and hold it in place. So with this, the husband was satisfied that these monks were not going to waste the gift that his wife was given was going to was going to be a wasted gift it was these monks work, careful to use everything they had. So I think it's a great story for the idea of caring for what we have recycling, not wasting what we have and in fact a number of the monastics that I've known as they've been. This is how they've lived. They've been very careful with they have I see them, sometimes wearing sandals that had been repaired with duct tape and different things they're not. And I've offered to buy a new pair of sandals to a monk who's his slippers that he wore seemed extremely worn out. And he said No way. These are still good. And most of you probably would have long given them up, but he was going to wear it because as long as it was useful, he was going to wear it he wasn't going to. And so how do you live with them? You know, how do you care for what you own? The things that you have, do you care for them in that kind of way. Caring for them in that way, I think is a way of caring for the world, right? Because the less that we consume, the less we're using the resources of the earth and less We're causing damage and the environment and the world around us. And so, you know, it's one thing to recycle by putting things in the recycling bin. It's another thing to use it again for some other purpose before it ends up in the recycling bin. He. So instead of a kind of a dedication to care for the things we use things that come through us things we possess in the own and to consider the consumption of it, to consider what happens when we finish using it. Can we reuse can we recycle? Can we use less

because it's very easy. I think it's all too easy to discard things to be finished with things. And once they're out of sight, out of mind, once they're out of sight. We no longer have any responsibility for them in the fact that they go off and fill You know, landfill or they they go and who knows where they go.

But some of the things that we discard don't are not, you know, are not discarding the ways they're environmentally sound. The batteries we have right, most of us now are careful with the batteries, but you put a battery in the regular trash. And that is not such a good thing. So, we have a model of the tradition that dedicates on being dedicating a living simply likely living in a way that we don't cause a burden for the world. The you know, I love the signs that they have when you go backpacking that leave no traces carried out with you. Can you bring it in, bring it out. So, you know, because it works. Maybe you're human waste, you don't want to go into the wilderness, and leave behind your plastic bottles or your wrappers and things. You want to take it out, you don't wanna leave no trace. But is there some way that in an urban environment like here, the way we live our lives, can we minimize the trace that we live? How much, you know, that we create is a there's something equivalent here to, you know, packing it out with us and not not having it to kind of just go to waste that having it cause more pollution or landfill or something. So I think this is something you probably all have thought about one way or the other and not such a foreign idea from all of you. I think what's more interesting is for someone who's doing a practice, like mindfulness or Buddhist practice, is to take a look at yourself at what is the inner motivation and interactions that inspire you to live this way because it's very easy to hear these kind of things. And feel burdened by it to feel like it's an obligation now that, you know, I came to be inspired at IMC today and what a drag. You know, now I have to kind of go home and, you know, this obligation to kind of, you know, live a more frugal life. But I think the more interesting thing is to is to look inside one of the one of the important resources to be careful with is the resources of our own mind, and the resource of our own. You know, hearts and emotions, and to be burdened by things, to do things out of a sense of obligation and feel kind of weighed down by it is not very inspiring. It's not a very good renew use of our renewable resources. But are there ways of being careful with our motivation to use the practice we have, so that we can live a life that's responsible and caretaking for the world and for others, but in a way that is lightens up, lightens us the way it frees us, the way that brings out the best in us That I think is much more exciting. I think we have to have a society that takes more care for the environment. That's obvious. But can we do it in such a way that it comes out of our joy and our inspiration or delight to do it? How do we look upon nature? How do we look upon the natural world? How do we look upon our consumptions, what we do in such a way that it's a delight and a joy, to maybe buy less delight and enjoy, to recycle delight and a joy to take care of what we do, to have we have less impact on the world we live around us. I suspect that most people except you know, most people here who come time see could probably live a life that has less impact, environmental impact on the world around them. So what motivates you to do that? What are the inner ideas, values That guide you in that direction, and are the values and ideas that are that brighten your life, and you want to be brightened by it. So I think that's the only way that any hope for us is if we find a way that it feels bright to do these things as opposed to heavy and a drag.

So we have this earth care week, this week. And so for those of you who want to participate in it, I have two suggestions. One is that you look at your motivation, your relationship to all this and see if there's some way that you don't, you're not overlaying a should on top of yourself. But rather, there's some kind of connection you have to the world that comes through your heart and that it's a joy or delight, to change what you do your consumption patterns, your transportation patterns through something so that you you have, you know, your lower than negative impact that your life has on the world around you. And that one of the ways the second thing is one of the ways is to during this week, give some active time to think out to plan ahead about how you use your car, if you're a car driver, can you limit how much you use your car? Can you take public transportation Can you carpool if you go to the store,

which is 10 minutes away, can you walk rather than take your car? What can you do to limit the use of, of gasoline and the pollution that comes out of your car? I bet that all of you could do something I biked here today which was a lot of fun. And I enjoyed biking whenever I can or walking whenever I can down here. much fun than writing and I think that it's not insignificant that we begin changing our, our acts of concepts or patterns of consumption, even though our contribution to a difference is pretty miniscule, I think that a lot of miniscule changes together, add up to something significant. So we have this earthcare week, so I hope that you participate in one way or the other to, to use the week to consider ways. And, and, and my hope is that this kind of idea becomes more contagious that we, that we as a Buddhist community are recognized as participating with a lot of different people's efforts around the globe, to try to reverse some of the tremendous damage that's happening on the environment. So that's what I have to say. So now, we're going to care for our building building care time. And I have a couple of things I want to ask before Jeff that has asked for the volunteering. We have an intuitive meditation class here tonight and we usually need more chairs in here. Maybe two people can take the chairs in the closet in there and bring them out here and put a third row in the front of those two there that's two people want to do that. I mean the two of you and then when you finish that if you could, that also set up many of the chairs out there because we need to have you know rows of chairs are there the way that people will come manage later won't have to do it. And okay, the once you start with putting the chairs in the outer Hall and the vacuum person can start by vacuuming the outside, you know, the outer perimeter, and so that when they're they can go do the put the chairs in.

Okay, could be have for people to work outside 1234 and Jim, would you coordinate that? Great. And let's see. How about for people to do the restrooms. Okay 1234 and there's one upstairs and then these three back here and the cleaning supplies are in there. And let's see, how about could people to vacuum somebody to do the vacuuming in here and then another person Kim feud would vacuum the conference room and the mats out there, buy the shoes and stuff and someone to sweep sweep the social Hall. Ursula, thank you and someone to sweep the porch front front steps in the back steps. Okay, if the two of you could do that, that would be good. And someone to other people to do the recycling the Yeah. Okay, that would be good. And, and maybe maybe you could help her with the recycling. There's, there's cans in the bathrooms and then the ones in the kitchen and right out here. Oh, in the library in the library also. So if you could kind of kind of coordinate putting them into dumping them together. I think that's it. They forget anything. Oh, yeah. How about the windows? Right. Okay, so if you could do the windows, that'd be great. Thank you

and I'll ringing a bell at quarter after