

# 2013-11-06 Practice Notes Gate Keeping

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## SUMMARY KEYWORDS

gate, city, gatekeeper, funnel, junction, analogy, applauding, sense, tactile, experience, stay, vast, building, present moment, watch, world, clap, inner city, spend, sit

## SPEAKERS

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Back in the ancient texts of Buddhism, they use an analogy. I guess the some of the cities back then were walled cities for defense. And there would be a gate going into the city, and there'd be a garden, doorman or something standing at the gate. And whoever came into the city would have to go through the gate, and would have to go by the gatekeeper. And the gatekeepers job was to decide who could come in and who can come out. So outside the city walls, there's a vast, vast world. And but whatever the world of beings, people and animals that are out there in that vast world, they all have to funnel through the gate to come into the city which may be somewhat vague. So that analogy is used for the human person and that we have this vast The world of experiences that we can have in the world and all these things can happen and experiences. And then we have this any inner city, inner life, ecology work, and, and everything that happens in the world has to one way or the other, go through a funnel, a gate. And if you stand or sit at the gate, then you could watch everything that comes in and out. And you could have some choice about what you allow in what you allowed what you do with what comes. And so the gate of experience is called actually the six gates are said to be the Sixth Sense gates sense doors. So no matter how complex and whatever they experience in the world, is that You're part of the events you're part of. It's all funnels through your eyes, your ears, your nose, your tongue, your tactile sense, ability to feel through your body. And then they say also through the door of the mind, we can watch your thoughts and ideas, reactions. And the idea of mindfulness practice is to, in a sense, be like the gatekeeper. And sit at that junction at that funnel, where everything comes and goes. And so it's not that's one of the reasons why we're training ourselves to be in the present moment. Because that's where the, the things come in and out through our and there's nothing that we can experience outside of the experiencing through those six senses. Some of us spend an inordinate amount of time in the city inside. And so it's the mind door that sees what's going on inside. Some of us spend inordinate amount of time out into the world kind of going there, you know. But very few of us spend time actually sitting there at the junction sitting there at the gate, and watching what comes in and out. And so this is the kind of the function of mindfulness is the place that's right there. Because that's the place where we have the most choice. And the most wisdom can arise about what actually is going on in our life, what's actually happening. Where do we build our cities, so something happens, you hear a sound, and the sound is comes in through the irrigate. And then in that inner city that you have, you might you start building a story about the sound. And that's that story might be accurate or might not be accurate. Even if you make a simple story. That's the sound of guilt. Clapping his hands, then you can start building that. Could be that Gil is applauding everyone's meditation today. And but it was only one clap. So you probably didn't, you know, it wasn't as loud and applause as he could have done. And why wasn't he applauding my meditation and then off the mind wanders into this world of speculation, which is, you know, lost gonna get lost in the alleys of the city. But it is to come watch right there and see what happens and decide what we do how simple to stay with the experience. So that is the practice analogy

from the ancient world. I don't know exactly how it would function here. But in the modern world toward a similar thing would be because we don't have city gates and gatekeepers. But

I suppose anybody comes visits you at your house goes through your door, they ring their doorbell, and so you can sit there and watch Let them in and out. So you might during this day, next hour and a half, practice with this analogy, and see if you could watch, see what it's like to kind of stay really upright there at that junction at that meeting place where your gait is, and, and see if you have to be in the present moment for that. So, watch what happens, watch what goes on. He stay connected to that simplicity of where things are seen, heard, smelled, tasted, touched the tactile world. And also interestingly enough, the mind gate, you have a thought and you have to know that you think and that's considered a gate that knowing that and see what happens to you if you stay there. That point. Thank you.