

# 2013-12-18 Practice Notes

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## SUMMARY KEYWORDS

relax, holding, release, happening, explore, reactivity, freedom, practice, soften, dharma practice, present moment, short, free, easy, tense, surface tension, sims, more productive, resistance, judgments

## SPEAKERS

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And to say a few words about the Dharma, the practice, sometimes it's helpful to have very short little saying or something to remind us about some of the aspects of Dharma practice. And very short one that I think can sometimes work is that there's three parts three steps to the practice. There's, the first step is to relax. Sometimes that's most easily forgotten. Just relax. And the second is to know so to know what's happening, and the third is to release to release what's happening to release yourself from what's happening. So to relax know and free, relax, know and release. So the relaxing part is to be can't relax. This deep please perhaps be want, but there can be the surface tension that we hold the holding patterns going around having a busy life. Naturally some tension builds up holding patterns build up. And so to remember is used to relax to let go to Sims soften. And sometimes it's difficult to relax but you still feel you're holding or tense. And then it's possible maybe to soften a bit around that tension. Just to be or be easy about it, hold it lightly. Ease up around whatever holding tension you might have. But to have some sense of easing up, being easy with what how things are holding things likely. Relaxing, is often a good place to begin the practice. And then, when we relax, then we it's easier to relax into the present moment. When we relax. It's easier to know what's happening. And we can know in a more productive, more useful way more direct way, tends to be less filters over our eyes. If we see in a relaxed way than if we see when we're tense, and so to relax and then to know know what's happening in the present moment, what's going on here? What am I feeling? All my thinking? What's going on in my body? And what's going on in the room around me what's going on going on in the world that I'm living in? What's happening here? And then as we know what's happening, then where's the freedom can be fine freedom in the midst of it? Is there someplace something that can be freed? Can we release some further holding that we have? Can we release ourselves from some ideas we have what what should be? Can we release ourselves from some of the memories that we stick to some of the plannings we do for the future? Can we release some of the identities that we Hold on to some of the stories we tell ourselves about ourselves and but others can we release the resistance or the reactivity we have to whatever is happening the moment if there is resistance or reactivity, there might be knee pain there might be mine is not so concentrated so not as still as you would like it to be. And so, relax, relax around an agitated mind. No it no it well take time to really get to know what this is. This is like to have an agitated mind. This is what it's like to have a painful knee, really explore, get to know it better. And then where's the freedom in relationship to it? A common request or desire for freedom people have is the free by getting rid of things by not having it but sometimes we can't let go of something but we can let go of our grip or reactivity or judgments, our expectations. We have around Something being there. So there's a lot to explore. But the simplest simple mnemonic to relax, to know and to release and to explore in your practice those three and let them become kind of a rich area is there's a new and very do things become clear become known as you explore each one to relax, to know and to free. So you might be interesting to try that this morning. Thank you.