

2014-02-12 If It Is Not Simple It Is Not Vipassana

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SPEAKERS

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I spent a little bit of time just a few days with a wonderful Indian Vipassana teacher named Mahindra and Indra Ji. And he had a wonderful teaching that I've carried with me ever since. And that was about to be passed into practice. He said that, if it's not simple, it's not be personal. And that's a great reminder to carry that with you because it's so easy to get complicated and fair number of people. And I noticed to come back around to this kind of insight scene meditation scene. tend to be smart, maybe too smart. And so to remember to keep it simple. I think it's useful because it's easy to get. Not simple, not mindful, but thoughtful. Full of thoughts full of ideas, trying to figure it out, trying to make sense of it, try to fix, try to solve. Try to imagine where it's all going. You know, all kinds of ways in which we, and then trying to engineer the practice trying to, you know, just be mindful instead of being mindful in a simple way. It's paying attention to try trying to understand the utter complexity of the present moment. All the causes and conditions, all the different aspects going on. But to remember to keep it simple, it is not simple, it's probably not mindfulness. And one of the simplest ways of keeping it simple. That can be very helpful is to notice what's called the data now, or usually it's translated into English is sometimes known as feeling tone. It's said that whatever experience you're having, no matter how complicated or simple the experiences, there's the tone of it, the feeling tone of it is either comfy, either pleasant, unpleasant, or neither pleasant or unpleasant. And to bring your mindfulness to notice that simple aspect of whatever is going on, this is unpleasant, or this is pleasant, or this is neither can be very powerful to cut through the situation. So to give you an example, you might be in a very chaotic social situation. Maybe you don't like big social gatherings where everyone's talking loud, the music is blaring, and then people near you are angry. And it's a you know, and so then you could be complicated about it, kind of analyzing it and wondering, you know, what are the causes and conditions that got you there, and what is the Right rejoinder in response to these people are angry on your right and the people who are I don't know drunk on your left and trying to figure out next time you come you know what what kind of hearing plugs to bring and you know you could kind of problem solving at all or it's possible to recognize this is an unpleasant situation and in the recognition This is unpleasant, sometimes it the whole situation kind of gets can get clarified or not to situation but you get clarified This is an unpleasant situation it's just unpleasant and I just have to be now with this unpleasant and some people find just recognizing Oh, this is our This is unpleasant This is what unpleasant is like, I can deal with unpleasant. I can't deal with the drunks are left and the angry people are right and who knows about what's supposed to be to do with that. But I can deal with unpleasant and then we just breathe. be simple. Ces is unpleasant racking that recognition or there can be a wonderful situations that give birth to all kinds of great desires. It's so wonderful, so great. He or she is so great. The food is the menu is so great that this and that all these things and it's easy for some minds to get involved in desire, wanting that and then planning how to get it or imagining and having all kinds of scenarios of

what it's like if I don't get it. And whether they're conscious or not. The mind can make up amazing fantasies around our needs and our desires and how it fits into the great novel of my life and for needed for my fulfillment and stuff like that. And another whole approach is to look at the veteran out feeling tone, and say, Oh, this is That's very pleasant.

That's a pleasant person. It's pleasant to be with that person. And then keep it simple and stay with a pleasure the pleasantness of it, and don't be ahead of yourself into the world of desire and fantasies and work and all that. It just pleasant to pleasant to be looking at this created menu to present the so it's not simple as not mindfulness. How, how can you keep the situation simple? And how can you justify keeping it simple? And one way you justify keeping it simple that okay for the practice, to be simple is to make a distinction between how you are and what the situation is. Because when we're looking for a meditation practice or in mindfulness practice, is not that mindfulness is going to solve all our life issues. that need to be solved. It's not. But rather a meditation practice is going to help us to breathe easy. In the middle of whatever situation you're we're in. meditation practice, mindfulness practice can help us to be at ease in the difficult social situation at ease in the, in the, you know, in the pleasant social situation, to keep breathing easily not get that have our breath get contracted or tight or not, for us to get tense or to get swept into fantasies, but ideas and desires. But the task is Can we stay close at home? Can we stay with ourselves without losing our relaxed state of being or being at ease or being at home or being settled in a situation? And then once you can, so that's the reason just keep it simple. So how simple Can I be with the situation so they can get back to myself and just find how to breathe easily. Breathe it. And once you find that, then you're in a better position to problem solve. And then you might realize, maybe it wasn't a problem after all, or you don't have to make it into a problem. Or maybe now you realize really is a problem. You better figure out how to pay your taxes. And so Okay, I got it. Now I got to do this. I had to deal with this. But now you can deal with maybe from an easier place, more clear place, because you've come back to a simple way of being. So it might be nice for you to experiment with carrying the word simple with you, as you go about your day. Keep it simple. What's the simple way of being mindful, but we can be mindful now in the most simple way possible, so that I can be more at ease in this situation. There can be more using it. So to remake this like next week, you simplicity so when I was with that time with Mahindra and Indra Ji, I had my traveler's check stolen in Calcutta. And so I went to see him that day and I told them what had happened. And he looked at me and said, Gil, it's important to be simple, but don't be a simpleton.

Okay, so thank you for that. So we now have some time for cleaning the center. And the idea is to do it mindfully. Do it with simplicity. Just one way to do things simply is just do them. Just do them. Just Just give yourself over just do that. And know from time to time is nice to have someone clean the refrigerator. I don't know how much it needs to be done right now but there's a melon that It's in there that it's beginning to have some interesting growth on it that I think we'd rather have that growth happen elsewhere. So maybe someone could give some attention to the frigerator and clean it out and Great, thank you. And if you have something your lunch stored in there, you might want to get to before Cheryl gets too far in. And also the floor, the hardwood floor we have out there, the, you know, the main floor and the hallway in the kitchen there. It picks up these scuff marks and stains and stuff. I wonder if someone would like to go around with them. I usually do it with a wet towel, wet paper towel around to kind of look down and see where you can. If you look carefully, you'll see more stains than it's obvious. Don't do that. It's just clean up a little bit before Thank you. And then when you have an assignment, you can go start doing it.

So we'll be cleaning for 15 minutes and At the end of the 15 minutes you'll hear a bail in at that point stop what you're doing put all toss away and then come and join us at the social hall for closing. May I have six people to work outside cleaning the grounds 12345 Okay, six, thank you for people to clean

restrooms. There is a 12234 great and someone to vacuum they kill someone to clean the social Hall. Okay, that and someone to do the recycling take out the garbage back there thank you. See you. Then someone to clean the door the windows. Thank you. And we have the vacuuming of the entrance mats in this stage. anyone like to vacuum or Thank you. And then we have plenty of destined to do. Okay, clean the shelves and then more Dustin. In particular someone can be more in the kitchen refrigerator. So you wonder maybe you can do that tidy, tidy up the kitchen clean whatever dishes are there and whatever makes sense. Okay, whatever it makes sense.

Do we have more volunteers there is always cleaning outside and dusting, the counters. You like to do that? You could dusting the counters. Yeah. Yeah. And then there is more cleaning and the interview room. anyone like to do any dusting or cleaning that needs to be done?

organizing the cushions. Does anyone like to do that? Thank you.

Do I have Do we have more volunteers?

Yeah, yeah.

Yeah, there's more cleaning outside always so please feel free to go outside and pick up project.