

2014-04-02 Seclusion

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SPEAKERS

Gil Fronsdal

Some words about the practice this morning. It was interesting to sit here and meditate with that loud. So one of the dentist drills. I know what they're doing a song, I don't know what's happening out there. And then there are three qualities or three different aspects of meditation, usually associated with concentration meditation, which can be your very useful element for meditation. And I think they come with the development of the strong presence, that concentration develops, and also a strong presence that strong mindfulness develops. And so the first quality is that of seclusion. There's a way in which even though we might have our senses open to the world around us, there's a way in which as a sense of presence or Samadhi Awareness becomes strong. Sometimes for me, it kind of feels like a bubble. And I'm kind of very content sitting inside this bubble of awareness to public presence. And whatever else is going on kind of outside that bubble. doesn't really bother me just kind of just there maybe is incidental, incidental rather than something, front and center. And one of the one of the qualities that may be somewhat connected for me to this idea of this bubble, is the idea of being is an ancient image of a pillar. That's the ancient world, they built these pillars in front of the town cities that were maybe I don't know what they were. I don't know how long they were, but say they were 30 40 feet long. And half of them were buried underground, so that it was really stable, and we just wouldn't go anywhere because it was, it was so deep, buried so deep. And so the idea that we have this sense of presence or stability, we're grounded and rooted here in a very strong Long Way, and in that strong rooted presence, and it's not like we're wishy washy or empty in some kind of kind of naive spiritual way, but really here in a solid strong way, and its strength of solidity being here, there's also can be a sense of being in this bubble or presence or sense of being secluded from being impacted by things going around us. And the, so for me, when I was sitting here, I was certainly aware of that sound, but for most of the time, I was sitting here it didn't bother me, which is kind of you know, is kind of outside my bubble, kind of, so, did you know was there that part trouble? And then part of this, one of the things that kind of add the strength to the practices brings it would bring some strength or power to the practice and to relate it to the seclusion or to other qualities called usually the English is called the initial application of attention. And the sustained application of intention. And I think this, this expression could almost be misstated, it could be almost as accurate. It's the initial application of intention and the sustained application of intention. The intention here that is that we're using attention is being used in a particular way where there's certain intenseness where we're using it for direct or intentionally directing the attention to something like the breath. And then there's a certain strength, a different kind of strength that involves once we're directing it there to sustain it there. Some people are very good at coming back, coming back, coming back from wherever the mind wanders off, but they haven't really developed the strength to then sustain the attention to keep it there for you know, for a while, so two kinds of strengths. And so those sweets work very well together. This sense of seclusion. seclusion tends to arise when there's a strong intent The initial application of attention and the sustaining, keeping it hanging in there we were paying attention to. So, today, so a third, the fourth thing that I want to say

is that I think one of the things that really feeds and supports mindfulness practice is curiosity and investigation of what's actually going on, as we experience our life, as opposed to what's going on in the moment, as opposed to what's going on with you have to pay my taxes and how can I do it? And, you know, my mind wanders off. But what's actually how do we actually use our mind? How do we use the different factors mind actually, kind of explore the territory? So one of the things you might do this morning, if you're interested in explore these three areas for yourself, or some of them. What is your experience of seclusion or a strong presence? That lets everything else kind of be incidental yours really feel rooted here? I

s that something that's available to you can you evoke it and then which is stronger for you as you try to be present in the moment, the initial application of attention and you come back and place your attention on the breath on your feet or wherever you pay attention, or is that strong but the sustained application of attention is that week you don't hang in there, you don't stay present, you wander off right away. And is there some way to understand how these work for you to explore them? And see, can you kind of strengthen them a little bit? Keep them more focused. So you may do walking meditation? How often do you come back? Come back to your feet as you walk? How often and then once you're back, what's it like staying there? kind of explore and be curious what's it like can I stay there? What's How do I stay there? What do I have to do to keep my attention on the feet as I walk my body as I walk, be curious that curiosity interest without any, any shoulds or expectation of what just that's very thing there keeps your mind foreign explorer as a support So, I hope you have a nice morning. Enjoy yourself. Thank you