

2014-07-09 Seeing Experience In A New Way

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SPEAKERS

Gil Fronsdal

And then to say something about the practice. There is a short saying, that goes approximately like this. That the practice of mindfulness, Vipassana insight, or the practice of liberation, freedom is not about having a new experience. It's about seeing your experience in a new way. And many people who come to meditation for all kinds of reasons, some good reasons, are in fact looking to try and change their experience. Sometimes it's reasonable, there's their suffering and stressed out and you want to somehow be alleviated of that stress that's suffering and, and there are changes of experience that happened as we meditate when people realize People get so focused, people get clear and mind is clear. They have understanding all kinds of things can happen. So these are good. It's not a problem, necessarily, but it does then sometimes lend itself to the idea, or reinforce the idea that you're supposed to have some special experience when you're meditating. And so people are looking for an experience hoping for a good experience and transformative experience. But the real heart of this practice is not about having a new experience, but it's about seeing your experience in a new way. And so I won't say much more about that now. But you might carry that idea with you as you do this morning of practice, is what would it be like to look at your experience, look at what's happening in the present moment, that it's how you understand it, how you look at it, how you relate to it, that you where you find freedom, where you find some good Have you find something transformative, you'll find something very meaningful. So if you find what's happening is not to your liking rather than trying to get rid of it or change it, kind of explore possibly what would be a different way of looking at it. That isn't just tolerating it, but actually gives you some freedom in the middle of it some independence, some autonomy, some ease in the middle of it, or what's a different way of relating to it? Or what's a different attitude to have towards it? You want to explore that, think about that. And if you're having some experience that you and your preferred, you're like, don't be seduced by that pleasant and enjoyable have it do they got the experience? So this is it, what it's all about? Bringing the same question, they're the same exploration there. How can I see this in such a way that I'm free to do, how do I see this experience so that how do I relate to it? What kind of attitude I have to it. So I'm not in meshed in it or attached to it or identified with it or, you know, approving it or proving myself in such a way that you're kind of like, in its web would like to be it's fine to have a good experience, but what's it like to be somehow free of it? One of the great little, I guess, analogies, similes, expressions in Buddhism, is that a being like a lotus and muddy water? So the idea that, I guess Lotus can grow in muddy water for women lotus flowers, this flower stock comes out of the mud, and this beautiful lotus opens up and there's something about the lotus leaf that lotus petals that water mud doesn't stick to it to kind of avoid Offer doesn't mean it's kind of tough one. And so it comes out of the mud but it's free of them independent on it. So there we are in this world of ours, and we don't have to call it mud. But the mud is good if you're a farmer. But, but to, you know to live day to live in this world like a lotus and muddy water sign hope you enjoy your morning. Thank you