

2014-10-15 Dark Light

Tue, 9/15 3:31PM • 5:20

SUMMARY KEYWORDS

light, unknown, awareness, darkness, unfold, born, breathing room, different understandings, sprouts, blossom, hold, lives, attitude, generally, grow, expectations, sit, mindfulness, dual, flower

SPEAKERS

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In terms of the practice, when we bring mindfulness into our lives, we can bring that with a variety of different understandings. Like mindfulness is a tool. And you can use a tool in different ways depending on how you understand it. So understanding is important. And there's a dual understanding, too, that works together very well. That's present a little bit poetically. That is, that it's in the darkness, that things are born or out of the darkness that things are born. It's in light, that things flower. So a seed usually goes on to the ground where it's dark, supposedly, and then it sprouts from there and then when the light it's grow, the plant grows and flowers And this idea points to that. any given moment at any given time in our lives, that we don't know what's going to be born, we don't know what there's darkness, there's the unknown. And we don't know what's right to be born, it's ripe, ripe to sprout and come forward. And if we're too much involved in expectations and demands and planning for what's going to happen, we don't really respect the unknown. We don't expect those seeds within us that can be boring only if there's darkness or if there's a willingness to be open to the unknown, let something arise. But then when something does appear, and not to, to meet it with the light of awareness, awareness is kind of like a light and to shine the light of awareness to hold it in light to make space for it, give air for it, give breathing room for it. And in the field of awareness, and then what is what has been born, then will blossom in the way that it is kind of meant to blossom the way that it can. And it's a remarkable journey to sit, open and willing to allow what's unknown to appear. And then to shine light of awareness on that, and let its kind of take its course let it find its way in awareness. things unfold very differently if we, if there if we're aware of them as they unfold that if they unfold and we're not really aware. So, you know, so like for example, it could be that you have some difficult emotion or attitude it could be angry or, or sad or something and that could be what gets born in The unknown you sit you quiet you open up, you're willing to be here for what's known that which is in the darkness within you, and maybe what comes is anger. And so then we hold that with the light of awareness. And how is that going to bloom? What I found is that if you hold anger, with the give it breathing room, make space for it in the quiet of meditation, and hold it in awareness that its course its unfolding, tends to unfold in healthy ways and skillful ways and useful ways. It tends to morph and change and transform into something else besides anger. But it has to be you have to give it time you have to give it breathing room you have to allow it to be there in this light of awareness. nonreactive awareness. And yet generally it transformed itself into something more skillful. If Same thing with something beautiful, so you can be generosity or wisdom or kindness, goodwill that arises and that's the unknown that might come and then Hold that in the light of awareness. And that will also bloom and its way it unfolds. Generally the things that are skillful if they have a place in our lives will only grow and develop and blossom in ways. There's nothing lost in this process on they gained on it's good for us. So this dual attitude of being willing to sit in the own own willing to let the unknown make space for the unknown within you make space for that which is not known to surface and get out of that darkness of yourself. And then once it surfaces, sprouts, to hold it in awareness to hold it in.

The light, your light, the beautiful light that you have of attention, awareness, giving it breathing room and then see what happens. See if you can get out of the way of it don't interfere with it with with, you know, judging yet or expectations or wanting this hold and then we'll explore it feel it'd be present for it and let it bloom. See what comes out wants to unfold. So nothing. So it's in darkness that things can be born. It's with the light that things can flower. Thank you