

# 2014-11-12 Gratitude

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## SUMMARY KEYWORDS

meditate, grateful, gratitude, phenomenal, work, monastery, monastic order, today, foster parent, walk, abbot, monastic life, amazingly complex, physiology, caregiving, path, theme, breath, exempt, exist

## SPEAKERS

Gil Fronsdal

Today what I'd like to do for my little doormat little kind of saying something for instructions or what you might consider as you practice today is to read from this book of mine called the monastery within.

As a teenager, she often visited the monastery. She was deeply attracted to the monastic life. The Buddhist path to liberation was what had the most meaning for her. When she became an adult, she planned on joining the monastic order. However, when she turned 21, or older sister and her sister's husband, died in an accident, and she became the foster parent for two young children. In addition, her own parents had become quite old and needed her help. As the only income earner in the family. She had to work long hours every day. She loved To meditate, but with all the work and caregiving she had to do, she had no time for it. Since she was not able to fulfill her aspirations for following the monastic path, she went to the abbot of the monastery, and asked how she could follow the path with the life that she had to live. The Abbot said that if she couldn't meditate, then the best alternative is to be grateful for everything. So you've come to meditate here today. That doesn't mean that you're exempt from the benefits of gratitude. I would suggest that this morning, that as you hear that you make gratitude, a theme of consideration. You don't have to be grateful for that. It's hard sometimes if you think of it as an emotion, but you might consider thinking about gratitude as part of the field and things to be grateful for. It's quite a funnel. I think that we even are here that we exist. And then we exist with such amazingly complex brains and physiology and to work so well enough to have gotten here and just to be able to lift the foot aptose step and walk. It's a phenomenal thing. There are people who can't walk, be grateful have the ability to walk, to stand to sit, to see to even hear the garbage trucks outside. Rather than being on no noisy sound. Just be grateful to have that ability. Well be grateful you complained. It's phenomenal. We can do all these things, grateful that you wake up and you can breathe and you know, just see anything at all seeing is a phenomenal, complex phenomena. And now that somehow we do it so effortlessly is quite amazing. And then we have buildings to what do men walk meditation in or meditate and we have communities people come together Then we have a time to meditate. Boy, I mean this story, she doesn't have any time to meditate. How many people in our society don't have time after work, you know, long hours and caretake. And they would consider what we're doing here today, phenomenal luxury, to be able to take a Wednesday morning to go and meditate. So it's a great thing to be grateful. And you might consider have that kind of run through and maybe every time your mind wanders off and the thought and you get distracted, and you're gonna come back to your breath or come back to your steps. Maybe take that as an opportunity to consider gratitude. And come back to gratitude before you come back to your breath. And see what happens in the morning of of that as a theme for your practice. And I'm grateful that you're here. Thank you.