

2015-04-08 Practice Notes

Thu, 9/17 10:20PM • 3:59

SUMMARY KEYWORDS

stability, impermanence, meditation practice, impermanent, steadiness, practice, mind, teachings, create, buddhism, purpose, distressing, tradition, meditate, changeable, agitated, holds, theme, swirl, recognize

SPEAKERS

Gil Fronsdal

A few words about the practice.

In our particular tradition of Buddhism, we put a tremendous amount of teachings or value on the reality of impermanence, how things change are constantly changing. And, but the deeper experience of impermanence that the tradition points to, is more like a revelation. It's something that comes to you, we don't go looking for it. The instructions in meditation practice generally is not to look for impermanence, but to look for stability, or to cultivate stability, and the whole emphasis on meditation practice in Buddhism, one of the purposes used to create a very stable body, heart and mind to have stability. And so it's another way of saying, you know, to say it in a way that I prefer not to, but so you recognize that it's, maybe it's to develop a mind that concentrated. Concentration is very important with the purpose of concentration is to create the inner stability, steadiness, this kind of a strength in the stability. And then with that stability, then we're in a good position to be able to meet or see or be present for the impermanence of our life, the impermanence of what goes on, but to get the teachings that everything is impermanent, and just better, you know, just deal with it. You know, and you're feeling all kind of impermanent and swirling inside and everything is just like no has no foundation. It can just be more confusing for people and more distressing and so part of the Purpose of meditation practice is to create the inner maybe in the in the mind stability that allows us then to be in the world as it changes and shifts so we can keep that stability with us. stability is portable. No matter where we go, we feel composure, a steadiness and not being pushed over or agitated or pushed around by the only changes that go on. So as you practice today, this morning, you might consider this theme or this idea of stability or steadiness as a something that's welcoming you and something that is nurturing is something that's that supportive for you to create a supportive conditions for this practice. And so how would you do walking meditation so that it brings stability, inner stability, even if your outer life is not that way? How would you sit and meditate, submit in the breath and meditate with your body? Would you sit here so there's stability A sense of stability to whatever goes on stability that holds maybe your mind and it's maybe very changeable and agitated, but there's physical stability that holds it or stability and awareness or stability in the heart to hold the swirl of emotions are going, where do you find stability? How do you relate to it? How do you recognize what's already here? How do you bring forth evoke for and what happens when you practice with a sense of physical or immediate kind of visceral sense of stability? Here in the West, we sometimes talked about being grounded. So, today, why don't you I suggest if you'd like to explore be with a theme, the concept of stability as you go about the morning. Thank you all. Enjoy your morning.