

2015-04-15 Practice Note Give Space To Experience

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space, unwind, practice, claustrophobic, amused, perfectly, negative attitudes, breathing room, awareness, breathe, part, metaphor, expand, room, undermine, expandable, spring, bigger, recognizing, enjoy

SPEAKERS

Gil Fronsdaal

So I want to say two things as a little suggestions for practicing. One is that we have a metaphor that we use in practice, sometimes and the metaphor is to make space for your experience. Kind of like make breathing room. If you don't have enough space to breathe, you feel claustrophobic and then you go outside your breathing room means you have space for yourself. You're not so claustrophobic and, and so the idea is not just only not only to be present and know what's happening in your experiences as it's happening, but when you know what's happening, give it some space, give it time and space can only imagine that awareness is like a like expandable and expand your awareness around whatever your know what's going on. So just hold it neck expanded space. So if you're angry You're angry and kind of make space for the anger, kind of expand your awareness going into hold it in a bigger way. You're feeling pain, make space for the pain. kind of hold it in bigger space, make make room for it. And if there's fears being present for your breathing as you breathe, make space for the breath open up and allow it to be there and lots of space and be, don't be so tight and claustrophobic around writing it too closely or something that makes big space for things. And some things can unwind. Unfold, if they have space. If you took put a spring in its title box, it's not going to unwind but if you make room for the spring, it will unwind. So make space. The second thing I'd like to suggest is as you do if you try to do this or if you have some other way of practicing that you want to do today. Just remember that you can't do it perfectly. And it's not possible. It's pretty rare to do your practice practice perfectly. And so that's kind of part of the deal. And so rather than being upset that you're not doing it well or be you know, you know, some negative attitudes towards it. If you're not doing it perfectly, you've noticed that's not going as well as you think you should be or something. make space for that, and make room for that. And just know that that's part of that that's part of the part of the food part of the nourishment part of the motivation for practicing is recognizing it's not going away. You do want this, okay? It's not, it's okay. And just kind of take that in in a way that just kind of doesn't wear you down doesn't kind of undermine you. We just take it in Then just keep going or take it in in a way that inspires you to keep trying or just know that's how it is. You can even be amused by it being amused as much better than being convinced you're a failure. Anyway, don't don't worry about being trying to perfect. It's not going to work. So I hope you enjoy your morning. Thank you.