

2015-04-29 Practice Note Sprouting

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SUMMARY KEYWORDS

roots, routed, present moment, sends, seed, breaks, establish, practice, image, crouch, good, cleaning, stand, outer, botanist, daily life, short, bending, walk, outer shell

SPEAKERS

Gil Fronsdaal

I'll give a short talk at 11:45. And then we'll do some cleaning together in here at the Center at 12 o'clock at 12:15. We do a closing circle in the outer Hall at 12:15. And I'd like to say a few words about the practice.

My wife is a botanist. And recently she described to me the process by which a seed germinates and she said that the seed begins to swell with the moisture taking any water and the outer shell breaks open. And the first thing that seed does efforts are kind of broken open, is it sends down a root, the root sprouts comes out, and then the root gets established and then it sends up the first leaf that breaks the ground. Next a surface but the first thing it does is send out its roots. And this is a great little lesson for us in our practice, that sometimes we're ahead of ourselves kind of try. And the first thing we always need to do is to have good roots. And so to sit and meditate, part of what meditation is, is, is be getting rooted, sending down your roots, we go about your daily life and so easy to be kind of, ahead of yourself and doing things and thinking about things and, and, and so but you know, to sit down and meditate and just send down roots into yourself into into the present moment to establish good roots, good roots and in your goodness, good roots and stability, good roots in ethics, good roots in compassion and care. To know to really take the time to be here, not be ahead of yourself. The couple of images that one little bit, kind of saying this, they're not the same thing as the route metaphor. And that is if you want to leap, you don't stand on your tippy toes first, you first crouch and then you can spring up. So sometimes you need to kind of go backwards to in order to go forward. So this idea of bending down, putting down roots, really establishing yourself here in the present moment, putting roots down here, and then things can follow from there. The other image I have is kind of a, some people where they live their lives is as if they're leaning so far forward. That as they walk, they're falling forward and they have to quickly move their foot forward to catch themselves catch themselves. And that doesn't work so well get exhausted. Always be catching yourself and moving ahead. It's much easier to walk if you're standing straight up and down, just kind of each, each foot comes down and you're routed with each step as you walk. So you might think of that this morning of sending down roots in the present moment to be routed here. Then everything else maybe can follow from there. So thank you and I apologize for those who signed up for your meetings with me that don't have to be shorter today.