

# 2015-04-29 Dharmette Roots And Nourishment

Thu, 9/17 10:24PM • 7:16

## SUMMARY KEYWORDS

rooted, grow, conditions, plant, nourished, blossom, tug, compassion, present moment, create, routes, kindness, important, light, support, ethical, explore, cells, relax, motivation

## SPEAKERS

Gil Fronsdal

And so rather than being rooted in those things, it's possible to be rooted in things that are truly nurturing, truly beneficial for us that shape us and feed us in other ways. And a lot about doing this practice is to create good roots to have good routes. And thing about being having routes is that sometimes it feels like we're going away from the light rather than towards the light. And if we have plants, you know, the seed, you know, it has to first grow away from the light to send down its roots. And then once it's rooted, it said, goes, grows up towards the light. And some people want to move towards the light. They want to do great things in their life they want to and they don't take the time to really put down roots they get grounded to get rooted in something really good. And a lot of the growth in this kind of practice we do comes from the creating the right conditions for growth. Just like you, when you plant the seed, and the plants going to grow, you don't actively tug on the leaf tug on the roots, you know, like make it longer and bigger and grow and, you know, you create the conditions for it to grow. And you create the good soil conditions, Water, light, the different things and then something can grow. And if you think that you're responsible in charge, that's kind of like pulling the pulling too much. But as the farmer you're responsible for, where you put us where you plant your seed, where you're rooted in and then nurturing those good roots, nurturing that so that it can grow, do with it, when to grow the way it wants to grow. So what are some of the things we get routed in? What are some of the good routes One of the most important ones that Buddhism emphasizes over and over again, is the importance of ethics, the importance of being ethical and your actions and your speech. And so that's a condition that's a soil, that's the place to get rooted. And you do that, that creates really good conditions, nourishment that creates, you know, the sap that's going to, you know, bring life to your body, your mind will have that as a condition that supports you that's very different than the kind of if you're rooted in the things that the motivations that generally cause people to be unethical, are usually not things that feed us in good ways. So they have their roots in and being ethical is important. There is being rooted in the present moment. Because if your spend most of your time in the future, most of your time in the past, that doesn't really feed, support the vitality that lived life in the present moment. It doesn't create the right conditions for the plants to grow. It's kind of a little bit too much in the past too much in the future. It's like living in the dark at the end. So, to be rooted in the present moment and find yourself here more is important part of this practice. To be rooted in kindness and compassion and friendliness is a great thing to do. So to set down roots in those to appreciate that part of your that side of yourself. If you can't appreciate that there's any side of you that has any compassion or kindness, then it's kind of good to spend a little bit of time exploring the domain of love, kindness, compassion. Don't just brush it off and don't just say, well, that's nothing that's not for me, but rather kind of explore it, think about it, learn about it, study it and human beings and animals around you. And see what see if there's some way that that could be a place that you route yourself that you get nourished by that you're supported by. When I was young, in my early 20s, I was nourished by the compassion of others. And I could, I would, it was really important for a while, not that I wasn't doing it consciously, but I just, I would

just kind of tune into other people who are compassionate, because I had so little of it. And it would defeat me who kind of like benefit me, like inspire me, like touch something in me. And in retrospect, I would say that it was, it was touching something in me was resonating with what I saw on them, and it helped me to see myself just by seeing other people.

So take, take a time to be rooted in kindness, compassion, that it's really good to be rooted in general acity there's something about the movement and impulse, motivation to be generous, whether it's with your time your smiles, you're just taking the time to say hello to someone, how are you and all kinds of ways of being generous. It's not really for their sake that we do it, but it's for your own sake. It's a way of nourishing by having the roots in generosity. nourish is something in us, creates conditions for something to grow, that can't grow. So all these things together, creating the is a soil, we're putting in place of soil or doing these things. And so we can relax, to do all this stuff to relax. So something that's within us can sprout and grow and develop. If we have the conditions we create the conditions for them. And it's a way of in a in a very wise way, hopefully a very wise way of not taking too much responsibility for your growth. Take a lot of responsibility for it. By getting out of the way, take a lot of our a lot of responsibility creating the conditions so you can relax and let something else blossom bloom through you. Rather than always up tugging or pushing or trying to mass gather together all the little cells that could add up to become a plant that blossoms Good luck. Go down to the local cell store and buy all those cells and try to glue them together to make it into a plant it's not going to work. Sometimes we treat her I think some people treat themselves that way. If I get all these things, put all these things in place and figure all this stuff out then it'll work that we're we're plants were organic beings or hearts or minds and so we want to let something blossom and grow and that depends a lot on what you're rooted in. So be careful. With what you're rooted in and see what you can do to put down good roots in your life and then see what happens from there.

So those are my thoughts for this morning and