

2015-05-06 Dharmette Nourish The Seed

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SPEAKERS

Gil Fronsdaal

So I want to talk about the metaphor of a seed for our practice. And it's used in many ways, this idea of a seed, but one of the things that's like nice about it is that it's, it's an organic process that given the right conditions to seed will germinate and grow. And it's a beautiful thing sometimes to see a plant grow and, and, and you know, so it also. So and one of the ways that the seed metaphor is used in Buddhism is that depending on what kind of seed you plant, you get a different kind of plant as a result. So, if you plant hate, that'll grow into something that's characterized by hate or if you plant love, as a seed, then something else the love will somehow flower in you. And what's beautiful, I think about the notion of the seeds that you plant his seed is just to kind of like a wish and intention to seed itself. doesn't it's not it's not something that's actual yet. So even if you're not able to love to have the wish to love is enough, that's the seed and then something begins to maybe can germinate from that. If you have the wish to be awake the wish to be free to practice, that's the seed and then things will grow from that you're not be too worried it's a quite powerful to have a seed the seed at your plant, so be careful with the seed that you plant. And that as the practice grows and people developed, it's kind of like a seed that's germinating in a plant and it's growing. As opposed to something that your engineering sounds like you're engineer or carpenter and you get all your wrenches and tools and you know, screws and you can you know, and then you get the manual, the Buddhist practice manual, and, and then you kind of engineer your practice and get everything all about everything else. Set up just right then. And you build your little structure of practice. And I think of, you know, Calvin, Calvin and Hobbes, he was building a snow fort, right. And he was spend all this time building a snow forest with a really high walls. And it was all done this little snow fort, but he built in such a way that he was inside of it. And when you realize what he built, he was trapped. And he said, How? You know, so if you kind of are your engineering and putting together all the pieces too much, if you're taking too much responsibility for your practice, you might end up with help. But to nourish the sea to allow for the growth of this thing that happened is a lot of what practice is about is making space for appreciating that you have the seed appreciating you have some goodness appreciating what's there. They want what wants to grow, wants to flower. What's your flowering At first, you might not know what it is, because most seeds, the way that they germinate, they germinate in the dark, you know, underground in the soil. So there's something within you, you know, so don't be afraid of being in the dark, the dark night of the soul, the dark, you know, something very powerful important might be sprouting, especially if you planted a lot of seeds over your lifetime good seeds. You don't know when things turn dark. The difficult to despair, difficult times of life. You don't you know, think of it as a dark time or something that has a chance to germinate. And you don't know what that's gonna be. When I was a young child, I went to visit my great grandfather. And I still remember one of this little events then and we were outside his little house and there was a kind of a patio, cement patio or something. And in that patio, there was a crack in the cement, and in that crack, he showed me a plant was growing little seed For the little plant was kind of growing up, and he expressed his are and how this plant could be growing there in the middle of this

cement walkway, but life finds its way and it grows up through this. And it's a very powerful metaphor for living in a life of concrete, the life of things where many things are maybe not so nice and not so good. That don't worry so much if you've managed to sprout your seed and it's growing. This plant is beautiful and focus of attention. Sometimes it's more valuable to focus on the growth of the beautiful plant that you are than it is to focus on the fact that you just happen to have germinated you know, you know, the asphalt you know, in the cracks around you.

Sometimes we get blinded by what goes on around us. We're so concerned about the world around us and you Did we germinate in the right place? You know, maybe over the neighbor they have brick back patio. And then here we just germinated in the cement patio. They got a benefit been over there. Who knows why your, your seed germinates where you where you are your circumstance of your life, so many different circumstances. And to spend a lot of time worried about the circumstances in which your seed is growing is kind of a waste of time. You have this great thing, disputable, organic thing that's in your hearts within things. Sometimes in Buddhism, it's celebrated as boddhicitta, the literally means the thought of awakening the impulse towards awakening the impulse towards freedom. The impulse towards letting the good the beautiful kind of sprout and grow within you. So what is it that wants to grow in you?

What wants to sprout? What wants to germinate? What wants to grow and flower and what's your flower that's in you? Not the flower was a flower that will doesn't require your you to figure anything out doesn't require you to have an intention doesn't require you to learn anything. It's mostly requires you to listen and make space for what's in your heart. What's in here, what's you. And if it's not clear what that is what your flower is what your thing is, just to remember that nothing sprouts. In the light, everything's the seeds prior to sprout in the dark. So you have to attend and care for that dark space until something begins to sprout inside of you. So May this practice of mindfulness Be like the water that you've let flows into your, into your heart into your life into you so that your flower can blossom. Regardless of a particular place where you happened to sprout, don't worry about the place. Just let the flower bloom and be a flower for others. And if you happen to have sprouted in the asphalt and the concrete runways and byways maybe that's where you have them. Maybe that's where your can benefit the world the most. And 55 years later some kid remember when he saw a beautiful flower and we'll plant growing up out of the crack how many flowers seduced? Do you still remember that really big bouquet? Sometimes it's you know, when you when something stands out that we notice it so if your circumstances are difficult maybe your flower will be more valuable for everyone.