

2015-06-10 Practice Note Being Rooted In Breath

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SUMMARY KEYWORDS

rooted, mind, redwood tree, winds, tumbleweed, uproot, aversions, pushed, boat, intent, metaphor, sway, motorboat, freedom, rootedness, stable, purpose, body, blown, water

SPEAKERS

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If the wind is blowing strongly, a tumbleweed will just get pushed around east and west, north and south all over. And tumbleweed has no real control of where it goes. It's has certain kind of freedom. There's no obstacles maybe to it's going across the desert, but it's not in charge. It's and so in the same way, if we don't, then if another analogy would be like a redwood tree, like we have this big redwood tree out there, and it would stand in most big wind storms, probably a hurricane would not take that redwood tree out. And it's really rooted and stable. And as a firm base, it's solid. And it might sway in the wind, but it doesn't give to the wind. So it has a different kind of freedom. It is a freedom of not being pushed around. So in the same way, our minds can either be tumbleweed minds or they can be redwood tree minds. And we can have minds that just kind of go left and right up and down. Whenever the winds of the mind does. The mind just follows along gets blown around. The wind has the mind has desire and we're pursuing desires in mind as aversions, we're pursuing aversions, we have fantasies, and we get involved in you know that just whenever we're thinking the mind goes and just and there's a certain kind of freedom and giving into that for sure. But there's also a some people you know, kind of appreciate the freedom of just getting Begin to whatever the mind does. But it's a recipe for, for living in a life of delusion, it's a recipe for living a life that's actually caught up in the winds of the mind. And a mind that's like a tree is one that's rooted as a deep root is as firm has a stability to it. And so there will still be a winds going through of all kinds, but the winds are not going to bother it so much a winds are not going to push it around so much. It's just they're established and good. And I suppose in between that tumbleweed and a tree is some little plant that has little roots and, you know, doesn't take a big wind to pull it up and uproot it. But it's, you know, it's there and it's grounded. So well, you know, what is your mind like? Is your mind like a tumbleweed Is your mind like a little plant that can easily be actually fact blown out? Or is it like us, you know, big oak tree or redwood tree that's solid and stable. And one of the ways to have a stable mind and discover the freedom of not being pushed around not being caught in the winds of the mind is to be deeply rooted in intention. So they have an intention, as a kind of purpose, what you're about to hear, and this is what I'm doing. And so the intention of practice, like in meditation, the intention to really be here to be physically rooted in the present moment. And this is where you're going to be using a sense of purpose. And being here. The mind wanders off and has all kinds of things but the sense of purpose, you know, we're clear we stay close to it, it's here supports us it's a balance that roots us in it. And I'm a really big supporter of that is being rooted in the body. So to the body is always in the present moment. So to really feel your body be connected to the body. Feel the body, the gravity as the body touches the ground or your cushion in your chair. And really kind of let that be a reference point. It might seem not so interesting compared to all the wonderful things that you can think about doing and experiencing. But to have a mind to discover how to be rooted is really good. So to be in your body be connected to your body have a sense of intent, and purpose. This is what I'm

going to do. And the same way to have a certain kind of rootedness in your mind to be be rooted, to become stable to let the mind to relax the mind so that it doesn't kind of just, you know, wander off easily but just here and established. And if you can manage with changing the metaphors the a you know, if you take a boat, think a motorboat through the water for example.

You know you if you have a place you're going in the distance Like in this sure you set the course. And you have to keep this intent you have to keep the course and come back to the course and maintain it. But then use let the water that comes by that you go through, you should let it wash off the side of the boat, just let her wash off the side of the boat, but the boats intend to just cut through the water. So the same way with our mind, we have an intent, for example, to stay with the breath, stay present here. And whenever we think about Let it be just like the water that just washes off the side of the boat. Don't let it go. Don't get swayed by it or pulled into it. It's okay to think your mind will think but keep the course. Stay here to be rooted, be present. Be needy, uprooted is a powerful metaphor. So as you practice today, you might consider the metaphor of being rooted as your walk as you sit. What is it like for you to be rooted here? Now and be rooted in yourself so that whenever the mind does, you don't get pushed around by it or you're like a boat that just doesn't get pushed around but as a stop for the water, just kind of cuts this. That's the thought just wash off and keeps the course being here and presence. So I hope you enjoy the morning. Thank you