

# 2015-07-01 Practice Note Is This For Me To Pick Up

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## SUMMARY KEYWORDS

pick, meditate, possessions, twigs, grass, growing, meditation, very interesting, ink, buddha, relevant, tendency, occasionally, realize, woods, teaching, dry, sit, thoughts, weed

## SPEAKERS

Gil Fronsdal

So to say something about the practice there's a very interesting teaching from the Buddha about he uses the example of some ink dry grass growing in the woods we were sitting or some twigs on the ground maybe fallen off trees and he says are those twigs and those pieces of grass is that you said years and they say well no those are that's not me that's not those are not mine No just happened to be here in the forest and they're growing there. And I don't know if he said this exactly this way but I'll say it the different ways and that is be careful that you don't pick up what is not yours. Be careful you don't take up what is not you Yours. And now that's certainly good for possessions. You know, pick up someone else's possessions and walk off with them. But maybe there's more in your life that you don't have to take as your your thing, your issue. Don't pick up other people's issues. Don't pick up problems that exist elsewhere that not your problems. Don't pick up other, you know, don't pick it up if it's not yours. And then the question is, what is yours and what is not yours? That's an interesting question. Right? So I don't have an easy answer for that. But most people pick up more than this. There's, it's pretty common. So occasionally, people don't even pick up their own. And we wish they did. But you pick up other people's issues. And then when you sit and meditate, especially are you picking up Which are not really yours while you meditate. And then it gets even more interesting. When you meditate, at least are your emotions yours? Are your thoughts yours? If they're not yours, don't pick them up. And maybe more of your thoughts than you realize Are not you. Not yours, me, myself and mine. Don't pick them up, let them be. And so are all points to this very interesting tendency for human beings to identify me myself in mind with things. This is mine, this is who I am. And that we get them we picking up getting involved, maybe we want to maybe there's much less weed to pick up than we realize. And meditation is a great place to explore this because there's almost nothing you need to pick up when you meditate. So if it's not yours so wonderful saying some of you, I don't know that might be relevant for all of you, but for some of you it might be very relevant as you go about your daily life. Don't pick up what is not yours. Thank you