

2015-08-19 Dharmette Help Your Emotions Feel Safe

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SPEAKERS

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So if what you're interested in is mindfulness to be mindful. It's important to distinguish that from de doop daydreaming or ruminating or indulging more in being involved in what's happening with your To Be mindful, to be really clearly mindful is to have a clear awareness of what's happening without being entangled with what's happening without being involved with what's happening. Without being resistant to what's happening. It's certainly fine to be involved, it's fine to be resistant some sometimes to some things. And can you turn the volume up because of the leaf blower. So let's see that little bit better. So it's, it's, there's time in place for being involved with things and time in place to be resistant to things. But to be mindful in of itself is to say create space and awareness of the present moment thing as it is, and allowing it to be as it is just clearly see what's happening here. In some ways, it's erratic. different way of being in the world. And how we usually are, we're often involved or resistant or reacting to what's going on. And sometimes it's hard to kind of come to that kind of, even even to feel justified or feel it's appropriate to step back. Some people feel like it's a betrayal, to their life, to their emotions, to their thoughts to whatever, to step back and just be mindful of it without some thinking responsibility or some involvement or some doing or trying to fix something always trying to fix something or do something. And so, this gets can be very tricky with our emotional lives. We have these wonderful emotional lives, where a full range of different emotions that can come and some people feel very identified with emotions some people disadvantage by with their emotions. Both can be over and either over involved menteur under involvement with them dismissing of them or overvaluation of them. And this can be a lot of reactions to emotions and a lot of a lot of complication, complicated relationships we have with them. But I'd like to offer you a particular approach that can work with many things, I think is particularly associated with emotions and the emotion that I associated most with is fear. And that is, when we're trying to be mindful of fear. We want to help the fear that we have, so your anxiety, fear, terror, whatever you're feeling. whatever is going on for you. You want to help your fear feel safe. Help your fear feel safe. And what is it going to be safe from? Well, let's make the neck the context meditation practice for now. So hopefully when you sit down to meditate, you do it in a safe place. You know, it's your stick another place you can kind of trust and relaxed and basically safe and so that the only only situation only person that you need to make your fear safe from is Guess who is you? And so what does it mean to be make your fear safe from you? So what are some of the attitudes so one one approach would be, I got to fix my fear. Fear doesn't feel safe if someone wants to fix them. If you have a friend who's always trying to fix you, you probably wouldn't feel very comfortable with that friend, oh no, I'm without friend and they're gonna be working on me. You know, and you know, the person just won't accept me as I am, I'm always, you know, I'm a project for them. You know, you probably stop hanging out with a friend. Maybe have parents or relatives are always, you know, trying to fix you or do you up or something, you're the, you're their project.

And so the same thing with your fear inside, if it's your fear, it's almost like a being if it feels like you're always trying to fix it, it's not gonna feel very good. Or if you are angry at your fear, judging at all, you know, I'm so anxious and I shouldn't be an anxious person. Now all these good Buddhists around me they're sitting quietly meditating, they're also peaceful and there's no anxiety except here at IMC whatsoever. accepted me and I'm just you know, Buddhist of loser. You know, whatever. Probably no Buddhists have ever had fear before but here you know me. And so you fear is not going to feel safe. It's you know if that kind of judgment and it comes along with it or, or if you have all kinds of strategies of escaping into avoiding it and fantasy is a great way to fantasy and then the fear doesn't feel really safe either. It's not seen it's ignored. How would you feel if you came into a group of friends or someone and they just ignored you, you wouldn't feel safe. So to help your fear, feel safe, it has to feel like it's okay to be afraid. As a feel there's no project or expectations or demands on it. You're not trying to do something with it, that the fear is just allowed to be there in an open relaxed way. Just let it be there. Now you can turn it down maybe the other danger is when it's too high that we get the feedback I think blowers Further away now. So, can you hear okay now So, okay? So when you have an emotion that especially when it's difficult, but sometimes, you know, enjoyable emotion some people have trouble with those is to make it the task to help your emotion feel safe. Which means another way of saying this is that give it a chance to, to be it in the sun. Someone's never been in the sun and you finally gotten the sun it can really absorb it and take it in and enjoy it. So the sun of awareness, that's something that arise you just let it be there and see if you can just really let it be as it is in its pristine glory of the individual thing. The pristine simplicity of sadness, the pristine simplicity of grief, this pristine sum publicity of anger, the pristine simplicity of fear, to make it easier, some simpler some ways it can get down, just hold it. And then image I love is that putting cupping my hands together like together underneath and coming from underneath and just holding my experience. So if there's fear if there's anger, don't make it a problem to make if soon as you think it's a problem, then it's not going to feel safe. Because a problem is an evaluation. Problem is a judgment in idea that your interpretation of the situation and to be afraid is does it have to be a problem? It's just fear. And just the simplicity of this simple, pristine presence of fear in and of itself. It's your generosity. It's your it's your strength. It's your confidence that can be hopefully it can be mustered up just enough that you can come close to this inner life that you have, and help it feel safe. It's okay. It's okay. So a number of things happen when you do that. One is that there's a, we stop our over involvement with our inner life, analyzing and judging it, fixing it, avoiding it, manipulating it to bargaining with it all this kind of involvement we have with believing it. You know, reacting to it. And a lot of our inner life is actually occurs in the wake of reactivity. And sometimes this reactivity is goes on for years and decades, just one thing after another. And so when we finally let things be safe, just let it be. It pulls the rug from underneath all this incessant activity or activity, which sometimes defines or in our life, and that stuff begins to settle down and relax. And there can be a deeper and deeper relaxation, deeper feeling of being at home, of being at peace just being here. And it's remarkable how much settling can happen

when we stop or doing when we see just in this kind of just making it safe is a kind of ending of doing of fixing and doing all that. So some people find it very helpful that the other ways that it also allows some inner process to unfold the inner psychological process that might be very different than what you think is supposed to happen. And generally, I think, say it this way, at your inner life, your body is probably a wiser than your conscious mind. And so if you're negotiating your life only through your conscious mind, you're limiting the full resources of who you are, and the full wisdom of what needs to happen and what needs to be processed and unfold. And so to allow the permission for something to be there for permission to be there and to feel safe. It allows the, the wider, bigger set of resources of who we are internally, to begin to manifest and to show and to unfold. That's very different than if we've lived through our expectations and our, our plans and, you know, we bring out the Vipassana manual, you

know, that mindfulness manual, like this is what's supposed to happen next or something. It also the other thing it does is it begins showing, developing a capacity, developing a capacity to be present for our life without automatically reacting Without automatically judging without automatically somehow getting identifying what's going on. And that can just it could you could, that could be just a momentary gap of just being present without reactivity without judgment and interpretation. Or it could be extended, where there's a period of just kind of being open and present for this experience. One way of describing this kind of, is if you're listening really well, to a friend of yours who's talking, just really they're just allowing them to talk, not interpreting, not brushing to speak, not doing just let us listening. And they stopped speaking. And after they stopped speaking, you're still listening. You're listening continues their silence but you kind of that's still time to listen. There's nothing to do. You're not to make anything happen you're not rushing ahead. There's nothing has to happen. But you find some you're you're still listening and then after a while, you know, they stopped talking. Maybe there's something to say now, maybe now it's my turn. But to have this ability, this capacity to not be an automatic pilot, not be habitually responsive. So there's a lot of benefits that you will get. If you help your inner life, feel safe. So if you're one of those people who has an inner life from time to time, or regularly you feel anxious and afraid. Help your fear feel safe. From time to time or regularly you feel anger. Be present for your anger, with a sense of you can allow Your anger to feel safe. If you have sadness and grief, help that feel safe within you just so you can just be there. No hurry to do anything. And if you feel happy that you're safe inside of you, and your happiness, paradoxically will not be safe. If you identify it, get involved with it, cling to it, try to make it continue. Just don't just, it's okay. Let it be as it is. So I hope that your inner life can have the wonderful benefits of feeling safety. That's the best the best in you will come out in a in a field of safety. Thank you