

# 2015-09-02 Practice Note The Trunk of The Tree

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## SUMMARY KEYWORDS

flowers, jumping, grounded, squirrels, hyped, trunk, tree, imc, branches, nourishment, settled, subtle, nice, belongs, leftover, energy, acorns, life, wonderful, torso

## SPEAKERS

Gil Fronsdal

To say a few words about the practice you know, behind me on the wall unusual painting, leftover from the celebration we had on Saturday of a tree with branches and the branches are these flowers and the tree represents the growth of IMC and the flowers are the fruit of IMC in terms of the all the many programs that we have here and develop slowly over the years and now we have quite a collection. So that's, that's we had a ceremony people put up the flowers kind of it was very nice. But to use this as a as a reference point for some teaching. I think of squirrels that jumped around from branch to branch, maybe visiting all the flowers. I don't know what they do with the flowers but they jump around We have flowers, we have squirrels outside of our window jumping around on the branches, and sometimes pretty nice, but they're kind of they appear to me to be a little bit hyped up you know, you've been like sometimes like a little nervous, like you can't really it's very, very rare that you see a squirrel, just relaxed, settled and grounded. It's, you know, they're always kind of like, you know, hyper alert, jumping around. And I think sometimes we human beings to do live the same way that they're all these flowers, all these nice, not so nice activities that we're relating to that we're involved in. And we jump around and just kind of hyped up energy and maybe anxiety and worry and desire and wanting and that kind of keeps them kind of jumping around into this and that and this and that. If you have a good imagination then some of that is belongs to the imaginary world of all the things you should be doing or could be doing or planning to do. So that factors in and kind of adds to the energy of being all hyped up and jumping around and doing and, and the whole kind of orientation of life can be a little bit more jumping around between Dobies wonderful flowers. I think the idea of more peaceful life and more settled life, more wise life is to focus less on jumping around to all the flowers than it is being the trunk of the tree. And the trunk of the tree is stable and strong and grounded and rooted. And in some ways, it's the source of all the nourishment that rises up from inside the tree from the ground and becomes a nourishment that feeds the growth of the flowers and The flowers will come naturally. You know, you don't have to do much to a tree to produce flowers. I mean, the analogy is you don't, you know, break you know, break open the branches try to encourage the flower, find the flower, get it to grow faster, some pull it out. You mostly just have to make sure the tree gets enough nourishment and then what wells up from underneath naturally its own way makes flowers. So in your life do you jump around between your flowers? Or are you more the trunk of your life? And I think the idea of almost physically, you have your trunk, physical trunk, your torso, and to be grounded and rooted in your trunk is a wonderful way of feeling like you've you know, then allow something to flow through you and manifest and become, what should become the flower is that who you are, can can become They're a very different way of living than if you're jumping around into this, this and that and, and so part of the function one of the functions that meditation can have or mindfulness can have is to help you be reminded of being grounded in yourself grounded in your trunk and your torso, in your being. And so

and they come from of subtle place, trust the subtle place that confidence in the subtle place, being settled in yourself. And then in that subtle place to see to allow all kinds of wonderful nourishment and, and food and energy and inspiration to come well up from inside of you and see what flowers for you. That can't flower. If you're a squirrel, because poor squirrels don't produce flowers. What squirrels do is they go take the acorns and bury them. Care You don't bury your spear.

So, see if you can let us be the source of your flowers. Thank you