

2015-10-28 Dharmette Shadow Thoughts And Views

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SPEAKERS

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So I can still remember when I was probably six years old and I was playing in the basement of a friend's house. And there was a dangerous men in the basement. They got scared. And the dangerous man was the particular way in which a shadow was created on the wall of the basement. And just the lights, some objects were there in the basement and the light kind of showing off the objects and created this face of a person and it was just a shadow. But, you know, I thought it was a dangerous person. And so sometimes, it takes a while for us to learn that we are reacting to the shadows, so things throughout anything that's real. And one of the interesting ways of looking at this is, is looking at what we think and our relationship to our thoughts. And our thoughts more like when are they more like shadows? And when are they, you know, that they, you know, the light has cast certain kind of roof shadow on the wall or your basement. And until you reacting to some imagined idea of what your mind does with that combination and just a shadow, it's harmless. It's harmless in and of itself. It just, you know, just a shadow shadow has no weight. It has no intentionality, it has nothing, it's just a shadow. It's really a shadow is the absence of light. And so, you know, maybe more of our thoughts or shadows than we realize, and we don't have to kind of be frightened by them. Pick them up or do something, they just shadows, something like that another shadow is the right word. And so one of the things that I think is really helpful to do in this kind of practice we do is to look at the subtle thoughts, the subtle beliefs that operate kind of almost behind the curtain or I know underneath everything. And they're the ones that kind of will. There's kind of like perfume, like a smell that pervades everything. There are certain thoughts that will pervade everything that we do, and we don't even realize we're doing it. It kind of like those thoughts create a mood on everything we think and everything going on as they cast a shadow and everything. And because of those, because these subtle thoughts can have this create this mood, that they have a big influence on how we often live our lives. And so, some of those subtle thoughts are there. ones that are not so supportive for us so helpful for us. So for example, one that I had for years that I took took a while for me to see was the subtle thought of guilt. And I was guilty before, you know, you're supposed to America is supposed to be innocent until proven guilty, right? I was guilty until proven innocent. And then no one was bothering to prove that I was innocent. No one was helping me. So I went around with a lot of guilt, you know, that was kind of this perfume, this kind of it was it wasn't like, I didn't really know what was happening. But everything that I did then was colored run, I'm doing it wrong. I'm doing it somehow I must be doing it wrong. And then when the guilt started fading, then that was that that was left with this idea. I'm doing it wrong. Or that particular version I had was, if it's happening to me, it's not real. It's not the real thing. So like a meditation practice. I would get through No concentrated and settled and, and I knew about different concentration states and but there was nothing that I could do in meditation that ever was the real one that didn't you know, just because that was just the default background for everything was a see things that was

happening to me it's not real. And the other one was that the grass is always greener elsewhere. So somewhere else was having the real thing, but you know, I wasn't having the real thing. So that was a subtle thing that's going on in the background. And some people's subtle kind of background mood or background belief that's kind of cast a shadow on everything is the idea that they're wrong. People have different variation and they're guilty, or that they somehow are inadequate, compared to everyone else in situation for this subtle background idea that there's danger everywhere.

And we're in a world where it's always up on the earth kind of looking. There has to be there's some kind of threat. And so there everything's a threat. And we can be living in the most comfortable circumstances, but we're still looking for the threat. And some of the threat that some people live under is that is the idea. Yes, it's good, but it's going to be taken away. There's going to be a disaster coming. And some people that's a very deep imprint from cutoff sometimes for childhood experience. Yes, there's, you know, this is going to disappear. It's terrible things are going to happen. And so that kind of colors, the mood of what people are doing what's happening. And then there's a subtle valuation of ideas, like narcissistic ideas, like it's all about me. You know, we've never really thought about you know, we never think about why you think so much about yourself. But a lot of people have a tremendous amount of thoughts where they're the center of attention to her thoughts. And behind that behind those thoughts is a much more subtle kind of belief that Somehow it's valuable important that you're important character in the plot. And so you need to focus a lot on yourself and think a lot about yourself and, and then that's, you know, your important person can be your important because you're the villain somehow or you know, or it could be the you're the important person because you're the best you know, everyone else who says, everybody else's bumbling fools and both are kind of narcissism, you know, like me myself in mind. And so that kind of pervades kind of the mood thoughts of what's going on and, and, and then when that's come together with desires, that they sort of thought or belief that I should be allowed to have every desire that I want. Everything that I you know, my desires are important, my desires should take precedence, my desires. And so there's this these kind of, you know, people don't, wouldn't even recognize this in themselves, these kinds of ideas, because they're so subtle on the back, but they cast them away. With a shadow on everything that they do, and then one of the opportunities of meditation is to get quiet enough. And to be start becoming familiar enough with the inner territory of how the mind works, how the thoughts work, to start seeing that there's patterns, seeing those underlying patterns and views that are operating, that we would notice if we do busy live, just going around entourage run to run about. And when we see these things, some people get discouraged. But it's just, it's actually we feel encouraged because we start to see it starting to shoot, see the shadows. And then at some point, the shadows don't have to be seen just as shadows. And we're not to be afraid of the shadows or react to the show. Just shadows, just stuff just stuff. It's just my thoughts, thoughts that come with feelings and emotions, it just phenomenon. And it's not right or wrong to have this kind of stuff. But it's their stuff to care for stuff to see and be present for and being present for not let the shadow cast and mood or cast its influence on what we do and when we think more generally. So then, as I said this morning, earlier, that we also have certainly there's lots of there's a range of choice of what we do about these background moods, his thoughts. And it's also possible to shift it's likely if you shifted too much, then it's dangerous that it's you're towards something more positive and something, then it's then it's dangerous that you might be overlaying or forcing ideas on top of yourself that are hard to maintain. But it's possible to tip a little bit in the direction of something that's affirmative or caring or appreciative, like appreciative. You know, or recognizing their safety here and recognizing that, yeah, you do do something, right. Sometimes, you know, you're breathing and you're still alive. You know, you reach the age of 30 You're still alive. I mean, that's, that's a success. Wow, look at me, I get it pretty well. And now as opposed to, you know, oh boy, you know, I'm just always a loser looking and I didn't lose, I got it to 30 and if you're younger than that, be happy you got the 20 you know, so it used to be, you know, to start looking and appreciating What's to be appreciated.

And the situation that you're in, you know that maybe there's maybe the situation is has some threat to it, but you're well fed and well clothed and warm. And so you don't have those dangers, and maybe of social dangers, these gonna come time See, and these meditators, they're kind of like a rough lot.

You know, so you know, but at least you're hopefully you're warm enough and fed enough and, and no one's talking to you. So it's probably, you know, they're not going to get much chance to tell And pretty much shifted a little bit to get begin to kind of developing a practice of recognizing the subtle, unhelpful thoughts that we have the police we have and then beginning to question that is it really true and then see if in a realistic way, you can little bit tip the balance to the other direction to thoughts that are supportive and helpful and nourishing and, and brings more brings it a little bit more relaxation and ease into your life rather than disease. And because what we what we'd like to do is to create an inner ecology and inner landscape inside of ourselves that we feel that becomes a place we feel at home and we feel comfortable going there. It's nice to be nice to be you. And regardless so what happens in the world around you? So you kind of you feel it's, it's nice to be in here. It's nice to be you. I know for some people when they kind of pay attention to themselves inside, it's not nice in there. There's war, there's criticism, there's all kinds of other people's voices that are yelling or the harsh or something. And so it can be hard. But it is possible to shift that if possible to begin to turn that around so that something inside begins to relax, let go. That some some of the things that we're caught in we realize are just shadows that don't have any substance. And slowly begin to turn the ocean liner of the mind towards becoming inner landscaping inner place that feels welcoming and comforting and you're happy to happy to keep yourself company. Yeah, that's nice nice in there. As opposed to the opposite. It is possible to do so those My thoughts and if these have any meaning to you then then these ideas then I encourage you, at least that it may be encourages you to kind of pay a little more reflective reflection or thinking or investigation into what might your subtle thoughts be but my your subtle background mood or beliefs that kind of permeate or affect or cast a shadow on kind of everything you do. Is there anything like that? And if there isn't, then appreciate that and join that. Okay, great. So we have our