

# 2016-02-10 Dharmette Entering Into Difficulty

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## SUMMARY KEYWORDS

transformed, chill, winter, happening, knowing, blossom, apple tree, freeze, difficult, changed, crisis, perspective, difficulty, schmuck, life, spring, question, flowers, space, wrong

## SPEAKERS

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But interesting, or important areas of life is what we know, and what we don't know. Then, how do we relate to what we know, and we don't know. And there's a lot that we don't know. And sometimes we focus a little bit too much on thinking we know, we maybe we you more useful to some areas that realize we don't know. And one of the things I'm thinking about is, now that the some of these cherry trees and plum trees around the neighborhood are flowering, there are some trees, I don't know if these are the case of these trees, but we have an apple tree at home, that it needs a certain amount of chill through the winter, so that it could blossom in the spring. And the apple tree doesn't complain about the chill, you know, some miserable and should I should move to Hawaii. You know, or someone should get me a heater, you know, and keep me warm through the winter. And, you know, this is just a drag. You know, the tree needs to go through the winter needs to go through the chill. And our lives that way, too. If you only were blossoming all the time, I don't think you would blossom so much. So only warm. We go through our winter, we go through our chill, we go through our challenges. And when we go through challenges, that's when it's you know, sometimes useful to remember that we don't know what's going on. We don't know really what's happening. We don't know what's being born inside of us. We don't know what's being transformed and changed. And if we assume that we know are things people could assume they can know with challenges is I know it's supposed to stop. I know it's not supposed to be this way. I know that I'm just a schmuck, or you fill in the word for yourself. I'm just somehow wrong, that I'm having a challenge that is difficult, that it's you know, going through difficult time. And, you know, no one else would have this difficulty, but I'm having it that I'm somehow wrong. There's that's kind of a certain kind of knowing that we're very can be very confident in. But sometimes it's important to remember where you don't know what's going on. You don't know what's happening. When you're having going through some difficulties, you have an illness or family crisis, or we're crisis, maybe you've lost your job, or all kinds of things can happen. Part of that you don't know. Some things you know, some things you don't know. But I think that most people could do well, when there's a difficulty in their life, to remember that least in part, you don't know what's really happening. And you might not really understand what's happening for months or years, how you've been changed how you've been transformed by it. So to make some space for that, don't know mind to pics make some allowance for you know, this is difficult, this challenging. But I don't know what this is about, really. I don't know what being what's being touched inside of me and maybe being transformed. Because it that sense of a little bit of not knowing is very important. Because it actually I think it actually makes it easier for the personal change the transformation to happen. If we live only in the knowing I know what this is about. I know that this is this the worst. And, you know, I know that this is just the, you know, the end of the world for me or I know that I'll never be happy ever again. Because of this or I know that I'm just this is more proof that I'm just a loser. I don't know, I don't know what I'm just trying to give some examples. But it sometimes if we have a clear knowing about it doesn't make space to kind of limits the growth, it limits the change that limits the ability to process and deal with what's going on. But there's a kind of

little bit of freedom in the middle of it some space or breathing room in the middle of it. If you say, I don't know what this is about. I don't know how I'm how I'm being transformed. I don't know how I'm gonna be a better person because of this. I don't know what the real significance of this is.

And then you might be open to possibilities you might be open to something new happening happening, that may be way harder to happen. If you kind of were caught up in thinking, you know the meaning of this, you know what this is about? Maybe you don't know. So maybe you'll go through the winter chill. And maybe you're maybe you're like the apple tree that has never had a good chill. The apple tree doesn't even know that it can produce flowers, because it's always been going to the tropics for winter. And then finally, it stays put, finally stays. And finally you have a really good high quality crisis. And then what maybe only then or something blossom for you. Who knows what will come out. And further further, it's not a few people who discovered the capacities, they had great goodness, they had benefits, they had blessings they have in their life, only in times of crisis. So don't be afraid of the winter chill if you get one of one of them one of these days. So those are my thoughts for this morning. We have about five minutes if one of you has a question that you think I can answer briefly. Question about this or anything? Yes.

So I have a clarification, like to ask about not knowing. So one thing I understood is not trying to kind of get away from say, for example, a difficult situation and distract. Like, if there is a difficult situation, I can distract myself. But that's like getting away from it. So what is not? What is not knowing what does not look like? in a difficult situation?

The first thing occurs to me is you don't get away from it. You step into it. You say without, you know, whatever the question, what is this? I'm not sure what this is about? What is this? And you step forward to it like this? At least at least metaphorically? And what is this? We know? I think it's this way, but maybe not. Maybe let's see if there's some other way. Is there others? No. Is there another perspective here? Is there more information here that I don't have? Is there maybe the perspective of other people, or maybe a different perspective for your own for yourself? Maybe you're focused on the wrong values? As you approach this difficult situation? Maybe there are different values in which the muted with so to stay present, don't go away. Stay present. And, and, but with curiosity with interest with I don't need it. But the idea I don't know the full picture here. Let's find out more what's going on. How's that sound? Thank you, especially if involves other people, then it's really helpful to try to understand their perspective. Because if you only operate like you really know, and it's only your perspective, you probably don't know. But if you if you really take the time to learn how it is for the people that might fill in the picture so that you're much better informed. Okay, thank you. Okay. Yes, Arlene. Wait, wait, wait for the wait for the mic.

One of six shells turns to freezing.

Well, I think that's what chill means. Usually, you need a good freeze for those some of those apple trees. And so they also you don't know that maybe you need a really good freeze for some blossoms to come out. Maybe the better blossoms Come on the app to the freeze. What do you think? What do you think?

Sometimes the fridge

inhibits your growth especially if it freezes in the spring.

But this is where the this is where the metaphor breaks down because in issues of the heart It never it. It's all what there's always springtime that can come. There's never there's never a freeze that's going to kill the heart. Unless we squeeze it unless we get caught in it, then get contracted around it. But if you can step into it with a willingness to experience it and willingness to go through a willingness to be changed by it. I think you're always finding spring comes back so we should stop because it's I'm sorry. The if you could ask me afterwards, maybe when we stop