

2016-04-06 Practice Notes

Fri, 9/25 3:17PM • 2:30

SUMMARY KEYWORDS

rest, mind, relaxed, agitation, deepening, practice, combination, caught, heart, invested, definitions, worried, spins, magic, letting, easy, alert, addressed, asleep, stirring

SPEAKERS

Gil Fronsdaal

So as I say a some simple words about the practice, that maybe are not so easy to do. And that is to notice how your mind is not relaxed, how you're not relaxed. And then see if there's some way that you can shift your mind, your heart, your body. So it's more addressed, it's more relaxed. And one of the definitions of meditation could be, to have a to be have the mind at rest, while being alert, to have the mind at rest while being alert. So what does it take to help your mind rest to come to rest? What do you preoccupied with worried about caught up when whatever that, you know, the emotional kind of spins is keeping your spinning and going, and Would it be okay? to somehow let it move, move towards rest, you can't bet at all rest just like that like pushing a button. But to kind of not be so invested in it not so caught in it, not stirring up that thinking so much. But letting the agitation, the busyness of the mind, the heart kind of come to rest, to have a mind and heart at rest. If you if you if we left it at just that, then it would be easy to fall asleep. But the art of it is to have a mind that's at rest, while still being alert. And that combination is the magic combination for the deepening of this practice. So as you go through this morning here, you might see if there's ways that you can support help your mind your heart, yourself to be somehow more at rest. While you're here, many people need rest or they're exhausted. From all the busyness of life, but the busyness of their own mind. So May you be at Fine, fine, profound rest while you're staying alert. Thank you