

2016-04-20 Practice Notes

Fri, 9/25 3:19PM • 3:40

SUMMARY KEYWORDS

release, constriction, held, emotions, letting, muscles, buddhist practice, space, supported, holding, encapsulated, respectful, constrict, soaked, move, noticing, breathing room, fueled, morning, thoughts

SPEAKERS

Gil Fronsdal

So to say a few words about the practices morning, one of the very important purposes of Buddhist practice is encapsulated in the word release, to release to give freedom to any of the ways in which we're held tight or limited or constricted to release the constrictions of the body of the mind of the heart. And one of the ways I think about release in terms of sitting is being soaked, being really present for oneself. And then letting how we are space to be here. So like they sometimes in yoga, they have this expression that let your muscles fall away from the bones and be supported or held by the skin. So kind of release your muscles, there'll be supported, to kind of become bigger, kind of relaxing. And so the same thing with the mind, notice what's there, then this is a, always notice what's there, always be respectful of what's there. But then release it, whatever is there, release it, it means that we don't follow it, we don't do our thoughts, we don't necessarily engage in our thoughts. But there's a kind of freedom that we don't let go of them as if they're bad. But we release our grip on them, we release our holding of them. And so they kind of can float away or dissolve or not be so fueled by our concerns and preoccupation for our heart for emotions, to release the emotions, to know what's there to notice what's there. And then to kind of release it the same way, if you release the muscles from your bone, kind of let the emotions kind of make the kind of stop the constriction of the holding or the limiting of them. And this is where the wonderful meaning of letting go. That literally I think when we say letting go, we're saying, let it move and let it go. So you know, so many other things in our life, we constrict, we hold we limit we stop. And that's certainly appropriate sometimes, but there's with our, with our emotions, or some kind of way of letting them move, like make them giving them space. Oh, that's how I'm feeling I'm angry, and then kind of get bigger with them and hold them in and make space for them. I'm sad to kind of relax and let them kind of release them. See what happens if we release them. And maybe they go away, maybe they kind of have more space, more breathing room to be there. So there's two principles here. One is respectful noticing of how we are and not overriding or bypassing however take time, how are we noticing and then whatever we noticed to release it, it doesn't mean it has to go away. But if it wants to, then it's free to it's free to go wherever things go. So you as you see I just said you said then walk this morning, you might consider that concept of release. What does it mean to release here now what's it like to give up the lease, but let it go. Let it move. So I hope you enjoy the morning. Thank you