

# 2016-09-07 Practice Notes Let Go Into Something

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## SUMMARY KEYWORDS

letting, present moment, feels, thoughts, standing, words, term, relinquishing, stress, practice, easing, movements, morning, supportive, overall overarching, lightening, distractions, reactions, arise, buddhism

## SPEAKERS

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A small note about practice. There's a lot of different words in the Buddhist language for the family of movements, psychological movements, which are at the heart of Buddhism, and the overall overarching term for his family of words, is letting go. One way or other it's a lot about letting go. Giving, loosening up, lightening up, easing off, relinquishing, abandoning many words, and that is, so many things which cause us harm so much things which cause us stress and stress to the world around us are things which are healthy to let go of. And the things which were, we benefit from letting go of them, then we train to let go. And in letting go, it's not just a matter of letting go. But you can also let go into something. Because it's not just a matter of doing without, but it's also about how we benefit from letting go. And so as you let go, you might let go into something that's nice here something is, you know, that is valuable here. So for example, if you're thinking and lost in thought, and you notice you're thinking about something and you decide to let go of your thoughts, you let go of your thoughts. But don't let go into the present moment. But go into the sweetness of the present moment, or the or the or which feels right the rightness of being in the present moment. Because if you only let go of something, by itself, the momentum to hold on to grab on to get attached, might get involved or go back into thinking is still operating. And it has you haven't replaced that place with anything good. But if you let go into something very simple, that's here. And now that feels good, that feels right that you appreciate, then you've replaced it with something that feels more supportive and helpful, and you're more likely want to stay here. So as you go through this morning of practice, chances are you'll have lots of opportunities to Let go. Let go of your thoughts, they wander off, let go of your distractions, certain kinds of maybe feelings or reactions arise, you're standing in line for the toilet and so very long line and you might feel impatient to get you know, why are there so many people standing in line and, and so you say well, you can be impatient and feel feel the stress of that or you can let go of the impatient and then you let go into just standing here. Nothing has to happen. Nothing to be nothing to do. No one's asking you to do anything but you stand there and wait. And it can be quite delicious just to be there in a simple way. So letting go and then letting go into and as you go through this morning, see if what you can find that this you can appreciate that you're letting go into that's already here. It's not a big deal. In terms of you've nothing you have to create or make happen. Just what's here. I hope you enjoy this morning. Thank you