

2016-11-30 Practice Notes Awareness

Fri, 9/25 9:33PM • 2:04

SUMMARY KEYWORDS

washes, umbrella, peacefully, reacting, meditation, rain, sit, involved, happen, awareness, protected, supposedly, emotions, interfere, dry, stop, fix, wet, thoughts, kinds

SPEAKERS

Gil Fronsdal

Something about the practice. And it's often best for the practice of meditation to be kept very simple. And one way to keep it simple is to think of meditation as being like an umbrella in the rain, that you have an umbrella, you walk through the rain. And although all you know you don't stop the rain, the rain keeps pouring down in the sky, but it just washes off the top of the umbrella and, and walk away. And it keeps you dry, supposedly, you know, it's it's just kind of, you're kind of protected from the wet. So in the same way we have the meditation, or maybe for some people, just the breathing, or the peacefulness of meditation just sitting there just being is the umbrella and all kinds of things might occur. There might be all kinds of thoughts and emotions and might be sounds around you that might be different things that happen. And just kind of imagine that your awareness as an umbrella just kind of washes off, it doesn't interfere with it, it doesn't stop it. But you don't pick it up, you don't get involved. It just kind of just kind of washes right by washes off, washes off washes off. And you don't have to react to anything. You don't have to believe anything, you don't have to think about anything, you don't have to fix anything. You don't have to make something happen. You don't have to prove yourself. The idea is just to sit there with your umbrella of awareness and let it all just wash by. And then at some point, the rain will stop. And that can be quite nice. But even if it doesn't stop, it's quite nice just to sit there peacefully, without being caught up or involved are reacting to what is actually here. To sit quietly, peacefully, peacefully, without reacting to anything is a great blessing. So thank you. I hope you enjoy this morning.