

# 2016-12-02 3 Kinds of Wisdom 3

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## SUMMARY KEYWORDS

wisdom, contemplate, memorize, poem, sit, spend, learn, practice, memorizing, life, contemplation, valuable, anxious, teachings, mind, explore, adult children, changed, people, topic

## SPEAKERS

Gil Fronsdaal

I sat down here and just had this wow moment looking at all of you, I feel so happy to sit here and looking at you here. Thank you for coming and being here.

So in the ancient texts of Buddhism, they distinguish between thing, three kinds of wisdom. And there's the wisdom of back then they didn't have any books. And so the way that you there was no, there wasn't really a written culture was oral culture. So they talked about the wisdom from hearing, from listening. So it's that learned wisdom. So you would listen to a teacher and you'd learn, you said, you would memorize the teachings. And so that was important. Acquisition of wisdom was learned wisdom, learned understanding. The second is the wisdom of reflection of contemplation, you would engage with what you've learned, think about it, make it your own, apply it, contemplate it. And that contemplation of our life is something that is very helpful to do, to spend some time in a contemplative mode, which means giving yourself kind of a special kind of time and place and circumstance, where you can let your mind kind of mentally cognitively, think about explore, feel emotionally engaged in certain kind of talk to a topic, and explore what it means for you, or how it applies or your intentions around it, or just to kind of, you know, all the different facets of the thing. So for example, a classic Buddhist theme is that and to spend time contemplating death, and as you can imagine, that's a multifaceted topic. And so to spend time looking at any particular day, what comes up for you around the topic of death? And one understanding you have what emotions get connected, what was your relationship to it, and spend actually some quality time exploring that and getting to know it is considered to be a very helpful way of contemplating that particular topic, getting wise about your relationship to death, rather than waiting until the moment comes for you I go ups looks like death is here. What do I think about this, but you know, so you've kind of prepared and you have understanding it's, and there's all kinds of topics.

And so the topics are the paramis, for example, is something that you can contemplate, some people will find that valuable to do sitting, having a cup of tea and looking out the window. Some people going for a walk, it's a nice way to some people will meditate, and then after meditation, maybe sit in a quiet place, because that calm the subtleness of meditation allows a different kind of creativity in the mind, intuition in the mind operate. And so we can think in sometimes very productive ways. So the second kind of wisdom is wisdom, of contemplation, of reflection of thinking. And the third kind of wisdom is the wisdom of practice. And that's wisdom that comes from engaging in the transformative process of practice. And then as we're transformed as we've transformed terms of how we are how we feel, there's wisdom that we acquire. So for example, just thinking about being calm, as we get more calmer when we sit that gives us a personal visceral experience of a way of being that teaches us something about what's possible, it's possible to be this way. I've known people who have didn't know what it was like to become. And then they discovered how to become it's covered calmness. So this has changed the

whole game. Now I can kind of know is this possible, and it's valuable, it's to do this. And now I can orient myself towards it. I can tap into it, I can recognize it more often when I come. I mentioned a story recently, there was a man many years ago who was older man, I think you've I don't know, 70s, maybe maybe older. And so he had adult children. And she came here for a few years. And then he came told me, my kids are getting worried about me. They think I'm getting Alzheimer's or something, you know, a little bit getting demented or something and telling me I should go to a psychiatrist. And because all their lives, I was always anxious. But after starting this practice, I'm no longer anxious, and they think something's wrong.

And so you know, so we practice and we're changed by that in some way. Sometimes small way, sometimes big ways. And that gives us a different understanding what's possible and how to be in the world. And that's can provide a source of wisdom. Also, as we practice, we start seeing things in a different way. And so for example, we don't don't necessarily don't see so much through the lens of all the ideas we have, but see things more directly, actually what's going on. So you might feel that some people feel like everything is fine, and their life and their family and their situation, but then they stop, take a good look at it. And they say, Well, actually, things are not fine. I'm actually always anxious. I'm always ambitious and tight and tense. And on the surface looks okay, but inside I'm churning. Or we start seeing that, that to the things that we thought were constant that isn't permanence to it is actually constantly changing. And as you see more directly than changing nature of phenomena, that's a source of wisdom, that's very different than reading about wisdom, weeding, about reading about impermanence, thinking of impermanence, yeah, that's a good idea. You know, I understand that, versus actually seeing it operate. Makes sense. So three kinds of wisdom, learning, contemplating and practicing. And those can work together, we can first learn something and the ancient world and include memorizing, because there wasn't any books you can take with you. People we didn't know how to write, so it wasn't a matter, you could write your notes to yourself, like you're some of you're doing right now. So, and then. So learn something, contemplate it, and then practice. So that's what we're going to do. So I'm going to pass out these sheets. And they have at the bottom of them, there are five poems that somehow represent wisdom, wisdom poems. And each of you is going to be assigned a poem. And we're going to have some quiet time. So you can spend your time studying the poem, and memorizing it. And do your best if you don't memorize, it's okay. But Matt tried to memorize, it's relatively short, there are four, four lines are something. And if you're what some people find, memorizing, it's better to memorize while you're walking, you can go out in the hall or go outside and just walk up and down the sidewalk, memorizing it, some people better just sit quietly here, whatever way you can spend all the time memorizing it, and you're living with it. And there's something different happens in the mind, when we memorize a piece of teaching, it lives in us in a different way, in a deeper way, it's available or touches into something, different aspects of our psyche, than if you just learn it and don't memorize it. You can call upon it in the future, it's kind of floats around, it kind of kind of sits in it, maybe different parts of the brain. It's a very valuable thing to memorize teachings and let them kind of percolate through you that way. So that's part of the ancient tradition of the first step of wisdom learning. And then we'll come back together here. And then we're going to form middle groups, in order to contemplate together, discuss together the wisdom of the poem. And see as a small group discussion, if maybe it can come alive in deeper ways, and maybe then how you thought about it, there's more what perspectives to bring on it. And then we'll practice with it. Those are that's a step to follow those three steps. So to do this process in an orderly way to have next we I'd like each of you to count 125 so we go around the room. And then the important thing about this counting is just remember your number. You're gonna remember anybody else's number just know so and

123456

so 34234534

Great, okay, so these are the five poems, and they're not numbered this way. But they're you count from the top to the bottom, the bottom half of the sheet. So the first one is one, second one is 2345. That makes sense. So that's your poem is your number there, right? And so, we'll spend about, I think we'll do about 15 minutes in silence, and here in the building. With, you can live with your poem for 15 minutes, whatever, whatever way you want. You can read it many times, you could go for a walk with it. You could see if you can memorize it during those 15 minutes. You can contemplate it you can whatever whatever you'd like to paper, you can write it down on a piece of paper, just to something had different happens when you're right. Sometimes it's kind of whatever way you want to live with it. There's 15 minutes while we're silent here. So it makes sense.

Okay, so if you pass these out, and they'll ring a bell in 15 minutes, do everyone come back though, so if you are if you do go outside, please come back. After 15 or so bits of a quarter after 11. We'll start again