

2016-12-07 Practice Notes

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clinging, hold, hand, monkey, candy, tight, trapped, important, knology, indian, greedy, slit, striker, coconut, fist, resentment, practice, subtle ways, bunched, persists

SPEAKERS

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So one of the really important movements of the mind, one of the important activities that human beings do, is to, is to grasp is to hold on tight to things we hold on to our ideas, to our feelings to our hurts to our desires, we hold on or cling, and there's a story and analogy that's a given that comes out of India, it'd be Indian Buddhism of, of how you would catch a monkey. And apparently, a good way to catch a monkey, if you want to learn is to at least Indian monkeys, is you get a coconut, and you make a slit and a coconut. And not a big Orbis little slit, but you get in there, and then you kind of take out some of the space inside. And then you put a piece of candy, so something sweet inside. And then you tie that coconut to a tree. And monkeys apparently like sweets a lot. So they're very eager. And very, I guess, this analogy kind of greedy for it. So that they can get their hand in that slit, flat like this. But once they grab the candy, they make a fist their hands punch up with a ton of space for to, to pull out the hand when it's bunched up. And because these monkeys supposedly are so greedy, in the sense that they are clinging, excuse me. Because they cling so much that candy, they don't want to let go. They can't get free. And the reason they're trapped is not because they're tied, there's no trap, because they're clinging so hard to their candy, be easy to let go and then they're free. And so in that clinging, the monkey hunter can just come along and pick up the monkey. And that's how you catch your monkey. Turns out, that's how you catch up to catch people to people who cling people who really hold on tight to something that, that clinging is one of the ways that we get trapped. And I don't know who the hunter is, who comes and gets us. But life comes and gets us we're kind of suffering, sadness, frustration, resentment, all kinds of things coming at us. If we don't know how to let go, we're holding on to a tight. And so what are the functions of doing this practice here is to understand to see what we're holding on tight to what we really want what we really can't put down and, and then be able to open our hands. And one of the reasons people don't want to let go of what they really want to hold on to, is because they think they'll lose what they let go of. And maybe you will sometimes some things are not worth holding on to. But there's this image here that I can hold on to the striker with a tight fist. And then I'm kind of trapped by the striker. My hand is not useful for anything else. But I can let go of it. But one way to let go of it is simply stop clinging is to open the hand like this. So the open flat hand. And I'm still holding it. And I can take care of it and do things with it. But I'm not clinging to it. So in non clinging does not mean that you drop it. It can mean you drop it, if it's not useful to have on to hold on to. But it doesn't mean you have to drop it. And so sometimes we drop, sometimes you simply open the hand and hold it lightly, tenderly, whatever is there. And so but then we're free, perfect cling and grass are not free. So to go through a life like this with an open hand, not with a closed hand with an open heart, not with a closed heart with an open mind, not with a closed mind.

So because it's such an important part of this practice that we do, it said that one of the important things to be mindful of is how we cling. And maybe clinging is a big word. But how we hold on how we don't let go. We grasp something. And so as you go through this morning, you might try to be extra

sensitive to this subtle ways that you're holding on to something you really want something And how, you know, maybe it's not causing any distress, but you're still holding on. And so you can feel the way that the mind tugs or hold or contracts or persists and it's concerned. And part of the practice is to study that. Get to know that recognize that become familiar with it. So they've been really counts, we can recognize our clinging and we can know how to let go. Open up. Great. I hope you enjoyed this morning. Thank you.