

2016-12-21 Practice Notes

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SUMMARY KEYWORDS

fuel, fire, determined, fist, tighten, adding, determination, person, craving, practice, clenching, lust, very strong, allowing, abate, reactivity, word, direction, happen, compassionate

SPEAKERS

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So to say a few words about the practice, if a person if every time a person is determined to do something, the person tightens up their hands and to kind of towards the fist tightens up. Every time there's anything right determined to do, that's what they do. So at some point, the person might feel Ouch, you know, this hurts a lot to always tighten up into fist. I, you know, I really need to stop doing I'm starting to get numb, I'm starting to, you know, that repetitive stress syndrome and trying all kinds of problems and people kind of are staying away from me, because always walking around with a fist. So the person then that gets determined to stop clenching their fist, clenching their head. But the problem is because the person is determined to unclench the fist, they just clench more. Because every time they get determined to do something, that's what they do. So they're determined to let go determined to open up. But the very effort to let go, they tighten, they've been more so then a curse to the person that, but what's really needed is not to keep trying this way, but to be determined to be compassionate to this poor, hurting fist. So then they did, they determined to be compassionate. But they're still determined. So it tightens up even more. And the very effort to be determined, and this person just doesn't use makes it worse and worse and worse. So is this, this speaks to something the Buddha said, and that is that we want to be careful when we practice or live our lives, we don't add fuel to the fire. In the Buddhist language, if the person's every time person is trying to relax the hand, they tighten more, they're adding fuel to the fire, they're making it worse, they're kind of making it tighter and tighter. So the idea of not adding fuel to the fire. If we don't add fuel to the fire, then the fire can go out, it might take a while for the fire to burn up the fuel to burn up. But it eventually kind of quiets down becomes cool. And so the in the fire that Buddhism talks about, is the fires of lust, the fires of hatred and the fires of delusion. The fires are very strong compulsive desire. If we try to, if we act on compulsive desires, and lust, craving very strong kinds, then that's fuel. And this is the fuel that makes a fire. But it's a fire that makes more fuel. And so guess what happens, just goes on and on. So same thing, if you're determined to let go, the hand being determined, is fuel for tightening up, the tightening up is the fire, or the termination, it comes to fire. And the more we kind of feed into it, the stronger the fire gets. So hatred is more or easily tenders understood that it's a fire than lust or craving for things. And the more we tried to have a version or hate something and tried to make it go away, we're adding fuel to the fire. And the more we're just kind of totally confused and delusion from what's happening, that also adds a kind of fuel to the fire. And so it keeps burning and burning. And then Buddhism is the word for fuel. And fire turns out to be the same word upādāna.

So if you if you add the fuel, you get fire if you No, no, no, no, I'm sorry. The word for craving, clinging and the word for fuel are the same. So the more you cling, the more you're adding fuel for continuing something. So very important part of practice is being very careful about how you approach your life that you don't add more fuel to it. And so a very simple example would be if you're thinking in meditation, and you don't like it, if you're bothered by it, the React are bothered by it being troubled by it

is actually adding fuel to the thinking and the more you don't like it, the more you're averse to it, the more you tried to get it away, the more you're tightening up your fist more, you're adding fire to it fuel to a fire. And so the idea is to practice in such a way that we are not adding fuel to the fire. But the same time we're moving ahead, we're practicing. So how do we find that balance? So in the analogy of determination, determination is a beautiful quality. But what's the difference? There's a determination to do something that comes out of reactivity as fuel to the fire and determination, which doesn't. And so one difference is that determination that adds fuel to a fire is if we're egotistically trying to do something, I'm going to attain this, I'm going to do this, I'm going to kind of push and strive or tighten up determination, which doesn't add fuel to the fire has more of a sense of setting a direction. And more like May this happen? May I allow this to happen? It's kind of like an aspiration, may I not cling so much, that may I not hold tight to my fist? The direction I want to go is to loosen the fist. May that happened, may I allow it to happen. And that sense of me I allow this to happen. Creates much better conditions than just you're under you have a direction you're going in that direction, you try to move to move in that direction, but then it can be allowed to happen. So if you're caught up in thoughts, rather than being determined to knock those thoughts out and fight them, you want to be determined diligent, but diligent in such a way that you allow you say, may I not Thanks so much, they may not be caught in my thoughts. May I allow the possibility becoming quieter. And in the very allowing, you might start finding that the fuel the fire begins to abate and quiet down. And you could because you're determined, you keep allowing it keep the continuity of doing that. But determination is not adding fire fuel to the fire. So two different ways of different approaches different you know how to do it. So. So in Buddhism, we say that don't add fuel to the fire. Let the fire die out on its own. Thank you