

2017-02-08 Practice Notes Simplicity

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SPEAKERS

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I kind of didn't want to end the sitting with the bell. I don't know how you felt but somehow it's kind of cozy to be in here with the rain and the quiet for me still. And strongest kind of teaching that I that lives in me at this moment is a teaching by an Indian, be passionate teacher named when Indra Mahindra Ji very important teacher in our tradition. And I spent a little bit of time with him in India. And one of his little slogans was, if it's not simple, it's not mindfulness. A little bit. If it's not simple, it's not mindfulness. And this idea of simplicity of sitting down to be here and be very simple. And kind of take refuge in the simplicity of being there not to kind of figure something complicated out or problem solve or to work through whatever we're doing. But to have this simplicity, just sitting in the posture kind of supposed to this for me kind of represents the simplicity of being, you know, you're sitting still quiet in a comfortable, upright posture. And there's not much to do much to figure out. Maybe centering yourself on your breathing, this simple thing, just breathe, come back to your breathing, be with your breathing, be with your posture, be with your just being here in your body, feel your body be present. And in that simplicity over time. This gives us an opportunity to shed some of the things that to make it complicated for us some of the many thoughts, preoccupations, concerns we have the tension we hold. And it's kind of a natural process, mostly, if we can just get out of the way and just stay simple, things begin to settle away, things begin to fall away. And thoughts and concerns we have elsewhere. And other times other places begin to quiet down, the mind quiets down a little bit. And this kind of enter into this kind of simple lived moment, the lived experience of now. And it's quite significant to be able to come back and rest into the simplicity of just being here and making the practice very simple, keeping yourself very simple. It's very profound, because of the way in which it helps the shedding process or settling process or common process. So we're not so caught up in spinning and tense. And then we have more clarity. And that clarity is something that we can bring back to our world and clarity we can bring back to the issues we have to face and deal with. And so meditation is not meant to be an escape. It's kind of like a reset. Take some computers, if they're acting really funny. You reset them, or you turn them off and turn them back on. Again, it clears out all this stuff from the memory, they can operate more effectively. So sometimes that's how it works for us too, it's good to do is push the reset button or you can you know, turn yourself off for a moment. And in the old days, he said when you turn the computer off, you're supposed to wait a certain number of seven seconds or 30 seconds. So just sit and wait for 40 minutes 45 minutes. And then you could turn it back on. And then maybe it's about all this kind of extra garbage in there and extra stuff and unneeded memories and then you so you can then you go back into the world with real clarity and can see more clearly and less complicated, less spinning and agitated, intense. So simplicity, taking refuge in simplicity, allow yourself to be simple. and allowing in the simplicity of being to let things fall away, temporarily clear away temporarily. fall away temporarily. And I say temporarily because some of you otherwise would not be willing to let things fall away wouldn't be willing to let go. Let it fall away temporarily. So you can do a reset and come back. Pick it all up again with clarity. a clear mind clear heart. So I hope that this morning here at IMC that

IMC is your reset button. And you're more than welcome to leave all the garbage here. Thank you