

2017-04-19 Practice Notes Simplicity

Mon, 9/28 6:20PM • 3:57

SUMMARY KEYWORDS

simple, simplicity, complicated, settling, mind, walking, meditation, aversions, enter, present, accomplish, resentments, walking meditation, psychophysical, arise, forces, meditation practice, tripped, approach, pleasure

SPEAKERS

Gil Fronsdal

Say something brief about the practice. One of the really valuable approaches to doing meditation practice mindfulness practice, is to keep it simple. And in fact, it's a useful skill to have in daily life as well. And that is, maybe we lived complicated lives, but the value and when you do something, try to just do that one thing. So you kind of think simple, are saying direct, this is what you're doing. And without multitasking and trying to process a lot, and meditation practice, the value of simplicity is that simplicity becomes a teacher for you, or a mirror to help you help you understand how you make things more complicated. And there might be all kinds of complicated ideas work meditation is and so you're kind of engineering the whole mind trying to do something too much. It's possible that you have projects involved, you're trying to do something and accomplish something, as opposed to the simplicity of just staying present, do walking meditation, just enter as deeply as you can, and simplicity of walking, how simple Can you be, just to walk. And a lot of that has to do with how simple you can be here with your mind. So the mind is not being a sophisticated Walker, trying to walk in complicated ways or trying to accomplish too much, which is kind of to stay very present for the simplicity of walking, and enter, enter into the simplicity of walking as much as you can, so that you're not, you know, looking around or thinking about what's next, you're just trying to be very simple, just right there. And, as I said, Be a mirror for how you want to complicated things, the desires, the aversions, the wishes that might pick operating. But also, it's a way of supporting the mind to get really absorbed in what you're doing, just really engaged fully present here. And there's something about the pleasure that can arise when we're present produce one thing very simply, we give ourselves over to it fully. And while it might seem very unsophisticated, just to go back and forth, and walking, and you know, there's, there's much more important projects and things to accomplish. But in that simplicity, if you just relax and settle, let everything else go and just be just that just kind of allow yourself to be as simple as possible, just the walking, then a lot of the forces of stress we have in our mind, that come with mind thinking about other things being involved, worries and anxieties, and resentments, and all that begin to cannot have so much power. And as we enter into this very, very simple world of just walking, it's amazingly simple, not not nothing much needs to happen, except really be there for that experience, that our psychophysical system seems to be wired for a certain kind of well being to arise, partly because some of the forces of ill being no longer have a chance to operate, to just settling in settling in. And it's a kind of revolutionary thing to discover the pleasure and delight of just being very simple in the moment here and now and how little else is needed. So it's not so easy to have that simplicity, and just absorb in the moment. And that's okay, because part of the function of all this simple approach to practice, is it the highlights how you, it's not simple for you. Because I'm with your mind and your thoughts and your attitudes and all kinds of things. And part of mindfulness is to be simple about that to see that clearly. So you're not tripped up by it or caught by it, but rather just see it clearly for what it is. So hope you enjoy the morning and thank you