

# 2017-06-14 Practice Note Stability

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## SUMMARY KEYWORDS

river, swept, carried, standing, current, thoughts, mind, stable, feeling, floating, feel, caught, present moment, stability, shallowness, present, imaginings, involved, swim, point

## SPEAKERS

Gil Fronsdal

So I've had the occasion to go floating down a river, just in the river and the current of the water just carries me down the river. And then at some point, my feet will touch the river bottom, and it's the water shallow enough that I can stand up in it. And then I'm standing in the water, maybe up to my waist or my knees. And I feel quite stable, it's kind of above the river and secure and stable, maybe, especially like the Sunday, you know, the high of shallowness. And there's a very different feeling of being floating and being carried along than it is to be now, firmly established, rooted set there, and not floating anymore, just standing, clearly standing. So in the same way that it can be same with the mind, that we have all these currents in the mind, rivers in the mind that we get caught up in, and they'll carry us along in the rivers of thoughts and thinking, imaginings that we have, and they could carry us along. And then at some point, we can have the equivalent of feeling the, the, the river bottom and standing up in shallow water, or maybe standing up on dry ground. And there's such a big difference between being carried along swept along by current and the law and the current no longer having any any power over us. And we can stand there strong, stable, upright, you know, in command of being here present without, in floating along. And there are many currents in our mind that we can be swept along with. And we might not even know they're so common, that we're normal that were swept away in our thoughts and concerns, then we don't even know that we're being swept along because it just this is what the what how it is to be alive. In a river, it can be all kinds of scenarios of what it's like to be caught in the current. It could just be fun, us kind of it's fun to be caught in the get involved in being being carried downriver for a while and, you know, it's you can swim to the side any moment. Or it could be that you are heading towards a waterfall. And the current is so strong that you know, how are you going to get out and you want to get on. And it feels so different finally managed swim to decide and get yourself up on high enough ground that you can stand and not be pushed along by the river because you don't want to go over that waterfall. Or it could be that it's taking you down river to some beautiful, flat, peaceful lake at the end of the river. And just like so nice to come out there. And you can't wait to come out there were so still in quiet. Or it could be that it's whitewater. And you know, you're caught up in the turmoil and at all. And it could be you're trying to go the other direction. And the rivers taking you one direction, but you're gonna want to go you want to go up river. And this is going the wrong way. It's all kinds of scenarios. So same thing with the mind, all kinds of scenarios are where these currencies are thinking will take us. Sometimes they'll take us over the waterfalls, sometimes into the rapids, sometimes they take us take us to beautiful, wonderful places. Sometimes it's just fun, very pleasant to be in these rivers. And sometimes they're clearly taking us in the wrong direction. Regardless of you know, what the currents are and how helpful nice, playful, useful or not the currents of the mind are, there's a very different, radically different way of being which is to be grounded on you know, standing, standing under the river bottom or standing on the side of the river. And really feel the difference between being swept along and being routed stable present, kind of, you know, in command of yourself now, because there isn't some other force that's carrying you along. So this can happen in meditation,

with the mind. At some point, we're not so involved in the occurrence of our mind, so involved in their thinking, not seduced by the purpose of their thinking. But somehow we add that with mindfulness, we end up feeling kind of, we get, you know, we, we find our footing. In the present moment, we find our stability in the present moment, we find that we're over here, and I'm not being pushed around by the currents anymore. They might be lapping against my heels, you know, but I'm standing on I'm really, I've arrived and the sense of really arriving here, really hear and feel the kind of the same kind of stability in your presence and your body and your mind.

As you would, you know, standing on the river bottom and not being carried by the current is going to happen in meditation that is such a sharp contrast between being swept by the thoughts and involved in the thoughts, and then finding another kind of grounding or the kind of stability you're standing. That Oh, no, it's really clear. I'm not, I'm not being pushed by thoughts anymore. I'm here. And the thoughts are swirling around, but I'm here and there's no, no, no, there's no doubt that this is where I am. And so it can take a long time for people who meditate to finally see that difference between being carried along by thoughts. And being here arrived. So as you go through your morning here practicing, you don't have it doesn't have to be any different than what it is. But you might notice how much you're being carried in the currents of your thoughts, and how much you're feel like you're moving towards dry ground or stable ground to stand on. Because there's something about the present moment that can give the strong feeling of being on stable ground, then you're standing and no longer being swept along. Then you kind of begin kind of exploring this present moment awareness, awareness of the present to see if you can see the difference between being swept along and being here arrived. Thank you.