

2017-08-30 Practice Notes Settling

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SUMMARY KEYWORDS

settle, unwind, activated, practice, space, resolve, allowing, exclusion, dharma, awareness, reactor, reactivated, turmoil, included, feeling, left, suffer, evolve, occasionally, letting

SPEAKERS

Gil Fronsdaal

Thinking mode most feeling mostly today is that of settling. And that part of practice is just settle, to settle into the present moment to settle and really be here. And that's a different than resolving things or solving issues or thinking about things or just allowing things allowing things to settle down. Sometimes we get activated, and in reactor with lots of thoughts and feelings and emotions, a lot of energy. Nothing wrong with that. But it's a wonderful thing to sometimes occasionally have a chance to let that settle down and experience the rest. That's possible, if that settles down. And when we settle deeply, then, at the end of the sitting into the practice, we can always pick things up again, if we want to ensure they don't go very far away. And, but one of the things about settling in kind of letting things be and letting things unwind or resolve or evolve in the way they want to do. One, one approach to that I think is important or very helpful often is to not do it at the exclusion of anything. But to imagine that you're including everything, all of who you are, as a space in the practice, all of the turmoil and concerns and ways and we're activated all has a place. And it's almost like we're making the awareness, really big. So all of who we are, can be included within it. And then not to get rid of anything, which let everything just be in that white space of awareness. And but it requires being here, not thinking about suffer or what happened yesterday, and just kind of really so being here to allow. And in that allowing, perhaps what happens, there's space for things to settle. And all of it, whatever it might be, whatever points to settle. We don't always know what wants to settle what wants to come down or unwind. And know, it's best not to have an agenda. But that's part of the value of having very open wide awareness that can have space for everything. And then the system, the Dharma, it kind of knows what can settle, it knows what can be left alone and in being left alone it comes down or doesn't get reactivated. So you might consider as you practice here today, this movement of settling that's your settling into really being here, settling into just this justice. And just here with this experience, whatever it might be, and then allowed to settle or you just settle within it or whatever, whatever way you understand it. So I hope you enjoy this morning. Thank you