

# 2017-08-30 Dharmette Simple Knowing

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## SUMMARY KEYWORDS

contemplative, understand, knowing, intelligence, simple, activate, sense, peaceful, evaluating, association, discover, requiring, shields, experience, highlight, react, place, disinterest, capacities, poignant

## SPEAKERS

Gil Fronsdal

I would like to say, I'm going to say something that's maybe provocative. And that is that there is a way of knowing a way of being mindful.

So there's a way of knowing way of being mindful, which has no intelligence in it whatsoever. It's not stupid. And because then it has to be doing something, you know, because he could be stupid is an activity. But there's also no intelligence in the knowing, it's kind of just, there's a way of knowing which is completely neutral. It just knows. And because it's so neutral, so simple. So it doesn't do anything except to know. It can highlight all the things that we add to it. And we can see more clearly, that I'm always judging, or evaluating. Or I'm always taking it personally. Or I'm always shutting down. Or I'm kind of falling into kind of disinterest pulling away. And it's a kind of neutrality that allow something new to happen. Because if we are not, if we can see that how we react and how we spend all the things we add, that we don't add them, and just just be very simple, then we're protected from doing stupid things, thinking stupid things. It just we're just, we're just there. And we also are protected from being to intelligence. Because maybe, sometimes when we think when we think we know we understand something, maybe it's a projection, maybe it's an overlay that's on the experience. And maybe a simple knowing is a way of getting out of the way of our experience that allows something deeper to happen, something different to happen than normally could happen. If we're either reacting, responding, evaluating, understanding in a more active way. And so one of the possibilities of mindfulness mindfulness, exactly what mindfulness is, depends on different circumstances. But one of the aspects of it, is relying on a kind of knowing that is really simple. Error kind of knowing that, as you know, the provocative thing I was saying is that it has no intelligence in it. Because we're not engaging or activating with what the experience is, or we're not trying to do anything or make sense of it. We're just there for the experience, and then it's interesting to watch what happens. Sometimes what happens is, this can't be it, there has to be more I need to have something to show for myself, get something understand something, or I can't be safe this way. I have to kind of put up shields or I have to do something or I have to push away or I have to you know, Think fast or do something to be safe. But just to know, just to know, I associated with maybe different people with different sociation for what I'm saying. Some people may be association is not so favorable. For me. My association is a contemplative life. Not contemplative in the sense of contemplating things, but the kind of what I for me When I think of contemplative life, I think of, of a early morning at dawn, a very still quiet

surface of water Lake surface. And it feels so peaceful to be there and that before the day begins and the activity of the day starts up. Nothing has to happen. Nothing's happening in the sense yet. But it feels kind of poignant and present and peaceful and kind of free or connected. So this simple knowing there's no intelligence in it. But perhaps it's a gift, perhaps it's a place of to be refreshed and renewed

and a place to discover a certain kind of being at home in this world, to be home, to be feeling connected and hear, without requiring anything more to happen, of requiring anything more than to be to know. And if it's not enough, just to know in a simple, unintelligent way, just to know, then, if you then this simple knowing becomes a reference point for you to understand clearly why it's not enough. Why you think it has to be different. Sometimes it does have to be different. Sometimes we need to activate all kinds of other capacities of attention and understanding and intelligence. It's completely appropriate. But if you always need to be more than just knowing, if you're always need to have more, and do something, and perhaps there's something really useful to know about yourself, maybe then you haven't really discovered how to be free. And so this reference point of this unintelligent knowing, maybe helps to highlight what's really going on for you. What is the attachment or what is the drive what is a deep need that's operating in you? That's extra, that maybe stands in the way it gets in the way of this contemplative piece that maybe I'm referring to today. That's about all I have to say. I, I feel a little bit contemplative today, so I don't feel like saying much. So I hope that's okay. So, we have been

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