

# 2017-11-22 Practice Notes Stillpoint

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## SUMMARY KEYWORDS

hurricane, quiet, place, swirl, observe, unquiet, fuel, emotions, momentum, sit, observer, resist, find, calm, fight, reacting, perpetuated, life, point, aware

## SPEAKERS

Gil Fronsdaal

To say a few words about the practice here this morning.

You know, they say that in the middle of a hurricane, there's calm and they connect quiet or calm, I have the hurricane, I've never been inside of hurricane. So I don't know what, that's what the kind of the least the popular ideas. And sometimes our life is a hurricane or life is a swirl it's chaos, full of thoughts and emotions and feelings and energies and sensations are going on. And the momentum of those are, can be quite strong. So when we sit down to meditate, this doesn't just, you know, stop just like that, but rather we carry with us into the sitting. And those circumstances, it might be helpful to consider that there is a place inside a calm in the storm calm in the middle of the hurricane. And that sometimes that's called a still point, a still point within and that that's still point I associate with the capacity to know what's happening to be aware. And so just to not fight anything, or not resist anything not to feel it's wrong. But find a place inside is still still pointer acquired point inside, from which you can observe what's going on. And then not be in conflict, what's going on, not try to fight it not think it needs to be any different. But somehow sit in the middle in this from this quiet point and observe and might not seem exactly quiet if everything is unquiet. But But you know, to look for that, to find that to kind of sit in the seat of that quiet place. And just let everything else kind of just swirl and whirl and do what it does. And generally what happens is that if we can find that quiet spot inside the steel point inside from which from which to observe, then we start, things start to settle down, quiet down. And one of the reasons for that is that this quiet point inside if we're able to observe from there, we there's something about the fuel for the momentum inside of us fuel of our thoughts, the fuel of our emotions and all that, that gets perpetuated most by what is most essential inside of us. And if what's the most essential, as is still point, a quiet point we are and that we stay in that place observing that we're not fueling or feeding, we're not reacting to what's going on. And it gives things a chance to quiet down. So I don't know if any of you today are in a hurricane. But I think of sometimes, this time around Thanksgiving, that some people are gonna step into all kinds of hurricanes of different types. And you might consider this still point within and to be the observer to watch just just be there quiet and let everything swirl around you. So I hope you enjoy today. Thank you