

2017-12-06 With An Open Hand

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SPEAKERS

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There is a story. Maybe a little bit louder, slightly. A bit louder? Maybe? So how's that? How's the volumes, okay? Okay. So there is a story of a person who was clutching something, grabbing it holding it really tight. And the person didn't want to stop clutching it, because it was not a good thing. And so somehow grabbing it, hid part of it, grabbing it was part of trying to solve it to get rid of it, not have to deal with it. So they're holding it really tight. And then one day, by mistake, the hand opened up completely flat. And that thing the person was clutching, was just resting on the palm. And it was still kind of ugly.

But now the palm was open, and just holding it gently. And the person got more interested in the open hand than it in the thing that they were watching.

Sometimes when we have something we don't like, some suffering some concern, something that can be a one form of attachment, is to think that we have to make it go away, we have to stop having it. And sometimes that's just another way of holding on grabbing holding tight to something the idea of shouldn't be there. The idea that I'm, you know, if I'm really a bonafide human being, I wouldn't have this thing. And so then it's either or it's either we have it or we don't have it. But what I'm suggesting here, there's something very important. And just holding it in the open hand, or the equivalent in the heart, or the equivalent in the mind, is a holding it in awareness. And that's a whole different world. We relate to things in a very different way. If we hold it in open hand and open palm. For one thing, the open palm feels good. For one thing, the open palm is that's the sensitive part of the hand. When you clutch and grip, grab something, the back of the hand is what is exposed to the world. And the back of the hand is not very sensitive. But the open hand can feel and sense what's happening in a fuller way. So that's nice. And then the middle of the hand is the ugly thing. So and then, and then it's kind of nice. It's a whole different thing to hold that that ugly thing. And this tender, really tender hand. I think it feels very different to hold it with an open hand to clutch it and grab it. And we haven't gotten rid of it. It hasn't gone anywhere. But it's a whole different world. And it's possible that you're a better person, because you're holding the terrible thing in the open hand than if you got rid of it. And then an unusual idea. Sometimes seeing holding it in the openness and the tenderness and the care and the kindness and the clarity that's that comes when the hands open. That's not there if the hand is holding and clutching it. There can be a kind of wisdom about it. There can be a certain humility, and they have a humbleness. Oh, I guess I'm not perfect. Because being perfect isn't so it's kind of overrated. Or maybe there's a kind of more greater sense of compassion. That wouldn't be there if you didn't have this unfortunate thing. Maybe there's a greater capacity to appreciate other people, and empathy for other people and their struggles. Maybe it's an inspiration to keep practicing to keep looking to keep finding other ways to open more hands up, we have all kinds of hands in our hearts, not just one or two bodies, too, but the heart has 1000. So can we open up the hands that we have in the heart, the tenderness,

the openness for all the things we have. So there's either or thinking either I have a problem, or I don't. And then there's the in between, which is the mindfulness that is able to just be with something, ideally, in this kind of hope, with an open hand and address rests in the hand. And that we're having some arrests and the open hand is a whole different way of being with something, then either clutching it, or the other thing you can do with a closed hand is you can punch it out.

That doesn't work either. And, but just just there, as if it's okay for it to be there. And it's possible that because it's in the open hand, attender hand, we have space for it, and it's allowed to be there. It doesn't feel rejected anymore, it doesn't feel attacked anymore, it doesn't feel like wants to be like it doesn't belong. And it's kind of like a space breathing, breathing room. And you don't know what that difficult thing is going to do. When it has breathing room, to breathe and to feel and to be respected in a certain kind of way. And maybe just maybe this ugly thing. Was the ugly duckling ready to become the swan? Who knows? But if you get rid of it, you'll never know. Did you catch it? You'll never know. But if you're able to hold it like this, then turns out it wasn't ugly. To begin with it was just misidentified. mislabeled, this becomes this one. So may you all. Discover the blessings of an open hand, an open mind and an open heart. For whatever is happening with you with you and in you. Thank you