

# 2017-12-20 Dharmette Luminosity And Torments

Tue, 9/29 3:46PM • 12:22

## SUMMARY KEYWORDS

luminosity, mind, troubles, luminous, visitors, torments, heart, awareness, deep, shine, translated, hold, visited, defilements, deeply, biased, happening, tape, light bulb, clarity

## SPEAKERS

Gil Fronsdal

would like to evoke a particular teaching from the Buddha. And it goes something like this. The mind is luminous. Except for the defilements. That visited, the mind is luminous except for the defilements that visited the word for I'm not sure what the Pali word here haven't looked it up. But the words that usually translated as defilements is a closure, which maybe it's a little bit more understandable for us, if we translate it literally as torments rather than defilements. defilements is a complicated idea for us, but things that torment us things that cause suffering. And this idea that the mind by itself, in its essence is luminous. But that what bothers it, what troubles it? our visitors some people take their troubles, their difficult mind, as being this is how it is this is this is what the mind is I always going to suffer, I'm always going to be this way. But whatever torments you, whatever. Just the files, you whatever's troubling you it's not really of the essence of what the mind is. And the mind is this thing, which is so is luminous or radiant. And then the question also is, this word that's translated as mind is citta. And citta, in Pali, in ancient language could also mean heart. So you could say, the heart is luminous, or the heart is radiant, bright, except for what visits it, the torments the troubles that visited. And some people are taking this to be very inspiring statement that they're so kind of a purity or beauty or luminosity, something really beautiful at the essence of who we are, and is associated with the heart or with the mind. And that all the challenges we have with our minds or things that trouble us, and our fear, anxiety, anger, hates, greed, delusions, and seeds, and all kinds of things. These aren't really of the essence, they're just happened to be visitors. And kind of interesting, kind of the metaphor, the idea that they just visits visitors here, yeah, here today, gone tomorrow, hopefully, some of them, they're not really, you know, inherent, unless we hold on to them unless we get attached to them. But they're just visitors passing through. Some people identify very much with or challenges of their mind. They think this is who I am, or now they define themselves by it, I'm a bad person. I'm somehow a flawed person, because I have some qualities of anger or some qualities of conceit or something. Or that I've fear, you know, I'm not somehow flawed person, other people don't seem to have the same kind of fears I have. So I must be a bad person or something. It just visitors. It's not who we really are. And I just kind of it's there because of causes and conditions. And some of the causes or conditions for why what torments us What troubles us as there has to do with a very deep causes and conditions. Some of them starts very early in life. People have to some people grew up with tremendous challenges. Some people grew up with not so much challenges, but they still by osmosis pick up some of the attitudes of their parents or their family, to be anxious to be afraid to be to not address and look at certain issues or to be angry or bias to biased or to be expectations we have to be a certain way and then we don't live up to the expectations.

But these are these conditions are, even though they're in their early they can get imprinted very, very deeply into the heart and the mind into who we are. But we're not as not essential to who we are. They're visitors. And so part of the practice is to begin Going deeper in deeper in finding out what? What is it that's been conditioned? What is it? Not the surface of what's happening in our life to surface visitors? But really can we reach deep inside of ourselves, can we sit quietly and still enough? listen deeply what is it that is covering over the luminosity of the heart, the freedom of the heart, the peace of the heart. And for me, this idea of visitors that covered over is very meaningful. Because the idea of the luminosity of the heart is more like the power of the mind is more like the minds ability to be aware, the minds ability to keep open and present to what's there. And so it's kind of like a light bulb. You can put tape all the red light bulb, black tape, black outtake all over the light bulb, and light doesn't shine out. But if you kind of scratch a little teeny hole in it, in that hole, there's a little light comes out. And then if you take off a strip of it in the front, then you have a strip turns out, but if you start taking out more and more of the strips of tape you put on, then eventually the light bulb shines in all directions, and it's luminous all around. So the same thing with our mind, we all have the capacity to pay attention to some degree. But the mind has been taken over by the conditioning, by the fear by the business, by the shoulds insurance by attitudes that we've developed that make us biased towards our life, preferences, desires, aversions, ways we close down ways we protect ourselves, all kinds of things that that somehow it's like putting tape over that beautiful mind that we have a beautiful heart. So it can't really do its thing, it can't really shine, it can't be luminous, and in a way it's really been made to be. And so slowly, with practice, we're beginning to tune into these these visitors that have kind of covered over that the mind the awareness, which can be 360 degrees, the awareness which can be open to the world, not closed down, not constricted, not lost, you know, in some preoccupation. Ultimately, people in our world, their awareness, the luminosity of the awareness has gone dark, because they're lost and preoccupied and thoughts and ideas and worlds and fantasies and resentments, and plans for the future. And then that kind of being preoccupied in that, this kind of like the luminosity, the mind gets turned off, or gets covered over. But to begin to relax deeply and soften and open and learn to be present. And not just to be present in a simple way. But to be present would be kind of like we're settling into the, into ourselves really deeply, really kind of showing up and reaching into the depths of who we are the depths of our conditioning the depths of our what makes us tick, and makes us operate the depths of what makes us feel and that's what makes us MC. You know, make choices about how we go about the day and even how we wake up in the morning to live for. What is it deep inside. And some people find that going deep inside some of the tape that's covering luminosity is not easy, it's not pleasant. But it has to stay and be and be present, be still. Be with it, feel it, trust it in a certain kind of way. And then let them luminosity of the mind begin to hold the experience, at the minds ability to hold things in awareness. That's what we can trust. And to trust the awareness that shines its attention on whatever is happening. So whatever is down in deep inside, whatever deep conditioning or deep impacts or feelings we have, that we're holding it, we're caring for it, we're tending it with awareness with this luminosity of the mind, the clarity of the mind, whatever degree we have, and we're holding what's there.

And even though it's called visitors and they're called the citizen English translated as defilements. One of the reasons why people don't like the word defilement sometimes because it's too easy to evoke a negative antagonistic relationship to it, or to oneself or having it. So, some people prefer torments because of poor me. But, but whatever troubles you whatever is troubling deep inside these visitors, it might be they want it most needs is you loving it, you holding it gently and safely and awareness. Here power of attention, you determine your power of luminous awareness is one of the most profound aspects of who you are, to whatever degree your lightbulb has been exposed. Take that light and shine it on what is difficult. And what's troubling and hold it there with care with love for tenderness. And as you do that, maybe your troubles you not go away. Maybe instead, maybe it will, maybe instead what

will happen is the minds luminosity will get stronger. The hearts clarity and openness and radiance will become stronger. So it's easier, it's less troubling to have these visitors. And you'll say oh, there's a visitor Hi. And keep the door open. So you can leave. But you know, hi, there you are your visitor, you're not to really who I am. And I don't have to be troubled or upset with you and I don't have to define myself by you. But you're a visitor and I'll hold you in, in the clarity of my mind. So the mind is luminous except for the torments the troubles that visited and I hope that you find your luminosity of mind your hearts clarity, and that that supports you and guides you and helps you to meet your wife with love and care and tenderness, compassion and thank you