

2018-07-25 Practice Note Intangibles

Tue, 9/1 10:36AM • 5:38

SUMMARY KEYWORDS

intangible, spaciousness, silence, stillness, shift, focuses, mind, relationship, happening, orientation, noisy, breathing room, surrounded, fixating, space, insistence, experienced, lots, identify, problems

SPEAKERS

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And to say a few words about the practice is that a very significant part of this practice has to do with things which are intangible. And so there are things that you know, are quite intangible. They certainly can't be bought and can't be touched physically and they're not things that people usually identify with or identifies important, except in very rare situations. And sometimes these intangible things, some people identify them when unfortunate ways because they were associated with, maybe there's different qualities or times in which they're experienced. But some of the intangible things that are quite significant are things like silence and stillness and spaciousness, space. And these things are kind of like the because it can become a reference point for all the things which are not still all the things which are not silent on things that are noisy, noisy in our head, all the things which are not some feel spacious maybe feel tight and contracted, and the and then doorway or the way of discovering or discuss intangible qualities of spaciousness or silence or stillness is not to reject anything or, but rather to offer or surround what is happening with space surrounded with stillness surrounded with stillness, or find the stillness that's in the middle of it or find the silence that's in the middle of it or the space which is in the middle of all things, different ways of experiencing it. And when there is these qualities, different times different ways, experiences with stillness, silence spaciousness, then our relationship to what is happening shifts and changes. And ordinarily is probably appropriate or fair to say that or an ordinary minds as we go through our lives. We have things that are problems, we have things which we want things we don't want. And so the mind focuses on those things and those topics, those thoughts, and, and we try to fix it or change it or get what we want are getting rid of what we what we don't want. We're concerned with our health care. concerned with our finances or our relationships or something. And so we're kind of focusing on those things. And it's reasonable to want to fix them sometimes or problem solve our lives, we have to do that sometimes. But this practice isn't necessarily a solution to our life problems. But the whole different shift of shift of paradigm or shift of orientation around them how we relate to them. And so rather than kind of having the mind fixating on them, the mind opens around them and makes lots of space, or allows him to be there in a lot of stillness. That kind of space or stillness or silence, that doesn't reject anything. Doesn't say that it's you know, it doesn't interfere with anything sound like an interfering with anything. It's not like saying, you shouldn't be there. And then now you know, it's bad because it's there or it's whatever. But it just lots it's, it's there's breathing room, lots of breathing room for what's here.

And then when there's lots of breathing room, then maybe we're not so impressed by it. Maybe we're not so into the insistence around it. There's not there. The power or the authority of is not quite there. And there's a whole different thing of how do they their orientations, ships are the sense of how we are with it all shifts. So as you go through the morning, sitting here and walking, you might see if one of these fields, the field of silence, the field of stillness, the fields of space spaciousness. I have some relevance for you or I have some access to it. And as you walk and as you breathe in Su, all kinds of

things come up. Maybe there's some way that you can receive it or open to it or, or hold at all, where you give it a lot of immediate you can hold it and stillness and silence and spaciousness and, and then see. And then it's going to say, see what happens, but maybe then nothing needs to happen and you enjoy the day. Thank you.