

2018-07-18 Practice Note Being Receptive

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SUMMARY KEYWORDS

mindfulness, applied, deep, opening, practice, experience, touch, imc, directing, mindful, agent, receptive mode, happening, place, profoundly, awaken, allowing, attention, care, softening

SPEAKERS

Gil Fronsdal

And offer some words about the practice this morning. You know, the core, the central practice we do is here at IMC is mindfulness. And it might be useful to think of two different approaches to do mindfulness. And one approach is that mindfulness is applied to our experience. And where we're here in our mind or someplace, the agent is here. And we're directing and doing the mindfulness towards something which we're going to get to know and see. And it's applying it. Another way of thinking of mindfulness is that mindfulness certainly is being present and attentive to what's here. But it's not applying or directing attention to something, but rather, it's opening something to receive what's happening. So it's more of receptive mode than applied mode and so what kind of attention do we bring? Do we awaken to the breathing as we breathe the steps as we walk to the sounds that we hear to the experiences around us, where we're more opening to the experience, and allowing it to come in and register. Or to say it a little bit more. Maybe, maybe profoundly, to kind of be mindful, be aware in such a way that as we're aware, we're allowing with it whatever the experience we're having, allowing it to touch us in some deep way. Perhaps even let allowing it to touch that place. That is tender, or that place that when you feel like you're touched by something touched emotionally, someone says something or you see something, wow, you're really touched by that. Maybe there's a place inside the tender place or a place where something registers or resonates or something. And so to allow the whatever experience you're having To allow it to come in and touch you in some deep way. Not that you're moved emotionally. But it comes in right deep or sensitive and open. And perhaps it is a place where there's your capacity for love. And so we're kind of being mindful as mindfulness becomes a gateway or a doorway, to feel love or tenderness or kindness or care for whatever we encounter. So, if your way of doing mindfulness is more the applied type, you're the agent, you're the doer, and you're kind of looking and seeing and understanding and all that. You might try softening and relaxing. And think of mindfulness as the as an opening of the doors to the place where the world can touch you in a deep way. And that way, you know what's happening in some deeper way, than just a cognitive knowing just cognitive know is good, but it's not just Oh, that's a sound. It's like oh, that sound that wow, that really went in and, and touch something deep. So I hope that the practice today for you here can be valuable and touching something that's valuable in yourself. Maybe touching some of the deepest places inside of you, the interface between the world and the place where you're touched. Thank you