

2018-07-25 Dharmette This Moment

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SUMMARY KEYWORDS

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SPEAKERS

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Read a few verses from the Dhammapada. An ancient verses from the early Buddhist tradition? And this from a chapter in the text called thousands. And the opening verse goes like this. Better than 1000 meaningless statements is one meaningful word which, having been heard, brings peace. Better than 1000 meaningless verses is one meaningful I know verse, which having been heard, brings peace. Better than reciting 100 meaningless verses. is one line of Dharma, which having been heard, brings peace.

So very Be careful what I say. So the idea of what is it that motivates our speech? What is motivates what we say? And then is it motivated meaningless? Is it kind of feeling empty? Or is it what impact do we have when we speak? What do impact Do we have when we engage and recite and speak and I don't know if peace is an ideal that everyone shares as being an important thing, but we do have these beautiful capacities for sure. For a peace, to be settled to be at ease, to have love, kindness, compassion. We have this beautiful hearts beautiful people we are. And so how do we speak? How do we live in this world? So we speak to that or allow for that or encourage that? How do we not do the opposite?

Maybe that's all. How do we avoid speaking in ways that leaves the people we speak to agitated? How do we speak avoid speaking in such a way that the person we're speaking to that they are a little bit you know, their spirit is dampened a little bit in having had the conversation with us. Or maybe they got excited but they got excited with being with They too have things to complain about. Now that you've shared your complaints they want to tell you about their complaints. Isn't that great? And there's a wonderful bond that's for formed between shared complainers. Wow, I found someone you know, I found my tribe. You know, Wow, it's so good to be around people who, just like me, and let's dive back into the complaining about whatever. And but is there a way of you know, so what is the impact we have? What's the impact it has on us? And, and maybe, having tried to have an impact, which is the ideal is too high a bar, but maybe to avoid the impact which is the opposite. So what we pay attention where, for how we speak and what we do.

And here's another verse, next verse in this thing here. And maybe you can reinterpret it or interpret it in this in the ordinary social interactions as opposed to, maybe more more literally what it is greater in combat than a person who conquers 1000 times 1000 people is the person who conquers herself.

Certainly it is better to conquer oneself and others. For someone who is self restrained, and always lives with mastery. No one can turn their conquest into defeat. It's kind of nice

Better than 100 years, lived with an unsettled mind devoid of virtue is one day lived virtuous and absorbed in meditation. When you know that unsettledness it's interesting, I think that you know, and I think that most people, most people don't want to be unsettled. But a lot of people put up with being unsettled. Because there's important things to be agitated by. You know, so it's not this subtleness which has authority but rather the what we're unsettled about I gotta, you know, and, and I think it's a great pity because the things that we should be concerned about out that are appropriate. I think we take care of better if we're settled. But it kind of there's something about feeling needed needing to feel unsettled or the appropriate to be unsettled or Wish you know that and sometimes socially it's like we should Oh, they they expect me to be unsettled. We have you know, ever they're unsettled, and I better be unsettled. And let's all be on set on set all together because then we, then I can show that I care. If I if I relaxed and calm, they won't think I'm, I can't read what's going on I have to. So better than 100 years lived with an unsettled mind, devoid of virtue is one day lived virtuous and absorbed in meditation. Better than 100 years lived with an unsettled mind, devoid of insight is one day, lived with insight and absorbed in medicine. I think it's so true that I've known people who you know are getting advanced and hears older people who feel like well, it's too late for me to practice. I should have practiced in a long time ago. It's too late for me now. And, and then I've known people who have been on there kind of an honor in the last days of their life and they're on their deathbed, literally. And their days are blessitt. They couldn't care less if they 100 years before. Were unsettled. It just doesn't matter. It's the past is gone. It's like this day is so special, so alive. So beautiful. For who cares? Who would who wants to measure? Because, you know, who am I measuring? Just, you know, it's not really the point. So it's never too late. Then enter the value of a settled mind. Better than 100 years lived leisurely and lacking an effort is one day lived with effort.

Better than 100 years lived without seeing the death plus, is one day lived seeing the death plus that's a quite a statement to make when someone's on their deathbed. You're about to die. And let's get on with it and see the deathless. What is it that's here? What's here that has no depth As part of it, and they're also I've known people who have been on their deathbed. And if clearly they're tapping into something which is a degree of peace or freedom or ease that, that they're quite happy to call deathless. It that doesn't belong to the world of birth and death that doesn't belong to you know, the whole usual ways in which we conceive the world and, and it just seems like this is the most important this is the valuable thing and all the concerns of life kind of recede from important saw the concepts and ideas and shoulds insurance in history and what happened and what didn't happen.

It's kind of like, that becomes kind of that becomes some pale, in pale compared to some kind of deep peace. Better that better than 100 years lived without seeing the Dharma is one day lived, seeing the Dharma. So I like this little chapter. Because of this, you know, this idea of, you know, one day this day, kind of kind of brings the whole thing down to this moment of it is just now, it kind of like the idea that the word here in it for the long term in terms of you know, I gotta I don't know that that's that diverse perspective for me there but I'd say differently, that the perspective shifts from kind of a grand scale of time to or, or a lot of words that we speak to something it's immediate than here. The immediacy of this moment, the immediacy of the impact we have here. What is that in What is the connection? What are the words we speak now? What is it that to be attentive now? What are we tuning into? What are we preoccupied by? what's available here and now? And so it's a shift of business as usual. And this shift from business as usual the usual mind that spinning and caught up in his thoughts and his concerns and the next thing and the next project and arranging this and wanting that and avoiding this and but what is it? What is it what is the word that brings peace now? What is the practice of the moment that shifts the paradigm shifts the perspective here because As it said, in this practice of ours, we're not trying to see something new. We're trying to see in a new way.

So for looking for something that's going to be the solution, the answer. It's in the seeing that the answers found, not what we see. So one day, one moment, one hour of seeing spacious, still open way is better than having seen all the seven wonders of the world. The greatest wonder is the seeing of mind awareness, which is been set free. So I hope you enjoy your day today.