

# 2018-08-22 Dharmette Recognize Feel Relax

Mon, 8/31 6:05PM • 13:52

## SUMMARY KEYWORDS

recognizing, relax, relaxing, relinquishing, movement, mind, deeper, soften, simple, recognition, bird, releasing, instinct, softening, body, feeling, buddha, open, letting, feel

## SPEAKERS

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So, three aspects of this Buddhist practice that can kind of make it simple and that is to recognize what's happening to feel what's happening and to relax. And the relaxing can see the word relax can maybe seem kind of dry, or kind of like you know, just go somehow self centered to just to relax and you know that's that's about but relax is a is an umbrella term for a whole company collection of different movements from relaxing, tranquilizing, letting go, relinquishing, abandoning, releasing, there's all these wonderful words a family of wonderful things we can do. And the Buddha and his teachings on this kind of treated relaxation is the first the easiest kind of thing to do. But as we kind of relax and open up and do this process of recognizing and feeling and being with experience, then as it gets deeper and deeper, then it's no longer relaxing. In fact, sometimes you don't really need to relax. Some conventional way within it might be letting go or releasing or freeing or it might be a decision I made, I'm done with this enough of this. And that's kind of like it's kind of giving up something. But it begins with this recognizing. And, and I think what's significant or important to remember with recognizing is how simple it can be. It doesn't have to be analysis, it doesn't have to be a complicated recognition of all the factors what's going on. And it sometimes it doesn't have to be it doesn't have to even be a clear recognition. Sometimes it's just recognizing that something is happening, you know, something then, but you know, as opposed to kind of kind of, you know, crunching up the forehead to try to find what is it what is it like to figure it out something or this uncomfortable or unpleasant or pleasant, can be that simple, but it is simpler than it is to come to so far. Have a recognition that's very, very simple, a light touch, a recognition that is not for or against what's being recognized recognition which is not tight or forceful or expecting something to happen or, and live recognition that's not trying to make something happen, make something go away or fix something. But just as very simple. That's what's happening. You know, if you're out walking in a park one day and you know, there's a bird that flies by, you recognize the bird is there but you're not, you know, you don't expect expecting any of the birds. You're not even admiring the birds. You're not chasing a bird, you're not scared of the bird and running out of the park. It just, you know, just he recognizes that simple. And the example of a bird flying is one that was used by the Buddha that the bird flies through the air And doesn't leave a trail. And so this kind of groove is things move through our mind. And there's no residue, there's no trail in it. So that the writing a simple recognition has no trail, no residue, no after effect in the mind is just bird. Breath. Pleasant, unpleasant joy, sadness, thought. So it has this very light feeling. And it's easier said than done, of course. But the idea is that recognition is that simple. There's not a big deal. It's not like a complicated thing. It's more like recognizing things in the simplest way that the mind can do on its own. Sounds like you have to gear yourself up to do the recognizing, allow the mind to mind wants to recognize that's what it does. So just let the mind recognizing a simple way. The second step is to Feel. And it turns out that a huge big part of human life can be processed through the body and open through the body.

And I just read last night, someone who's just talked about social prejudice and, and tribalism is in us versus them and movements like that, and how some of this is kind of deeply, you know, in evolutionary instincts to created us in them and kind of movement. And that's one of the number of ways to overcome it. So we don't create the kind of social problems that we have when this instinct operates. But one of the primary ones that was talked about in this article I read was opening the heart, then if we can somehow have a heartfelt connection to what goes on that then it's a lot easier to start breaking down some of the problems of us versus them. And, and so I'd like to say a little differently that certainly that But the access to our heart is through how we feel. So that's our incense. So the ability to be able to rely and sense or let the sensing qualities of the body be the holder the container that the support for our life. And that's hard to do because many of us have such a strong habit and maybe you've been trained to think our way out of issues and to use our story making mind and review it and think about it and analyze it and plan and remember over and over again visit remembering is going to give us a better past or plan make a better future. And so it was so quickly to engage in the thinking mind and certainly has its value to do that. But it limits this amazing capacity we have in the body to to let the body or let some, you know the or you know, I talked about the importance of feeling through the body sensing in the body. But it's actually deeper, it's more than just the body because it's kind of like more like our subconscious is, is resides in our body. And so if we really feel this simple sensations and we allow ourselves to opening be here and feel what it is, we really have a chance to dip down into some deeper capacities, deeper movements of the mind, the heart that operate, that are not available if we stay at this kind of cognitive level and thinking all the time and processing and experiencing through thoughts. So to recognize and then to feel, to experience a sense, what's there to sense what the experience is a sense through the body, like this, like this. So you might be intensely thinking about the future, something you're anxious about coming up. And so rather than staying thinking about Then you might say planning or thinking, future-ing. That's what you're recognizing. And then rather than try to figure out what is this thinking, or what am I doing and why and how and all that, what is the physical experience like of intensely thinking about the future, and there might be tension in the forehead or in the eyes or in the jaw or energies and is in the head or somewhere else or in the belly. And so to, to make room and feel that and to feel it as if, as if it has permission to be there forever. As if, okay, it's you, it's you and me friend. And, you know, we're it and breathe with it and be with it and Don't be in a hurry. Don't be in a hurry, and don't kind of feel it and then right away, say well, okay, now we got to do something about it. But you really need to give a lot of time for something deeper to operate, then what you can direct and what you can orchestrate. So feeling is really settling in dropping in opening up, sensing what's there. And then at some point, but it shouldn't be too quickly through this relaxing thing, relax. And you don't want to be in a hurry to relax, right? So just when it feels right, and don't be too ambitious about the relaxing, sometimes it won't work. But if it seems right, just relax, soften. That's a better language for you. Open, settle. He knows all the different words you can do calm is a verb, calm the mind calm the body. And, and this also should have a light touch. It's better not to kind of how high expectation of how much you're going to do, how quickly it's going to happen, or even is going to happen. And some times what I found very helpful in a softening, relaxing, is what I feel like needs to be relaxed or softened. It's not going to do it.

And so I soften around it. And that's enough just to you know, and what and, you know, I can't tell you exactly what this around it is, you know, it's like maybe it's just a mental kind of imaginary kind of idea of like space around it, or warmth around it or some softening around it. But it's good enough for me. You just like, like, soften around the soften, soften. It's a way of holding it and being with it. And then this relaxing. There's all kinds of different areas that we can relax. Sometimes it's physical, sometimes it's mental. Sometimes it's maybe emotional. So what what aspect of what we're feelings, recognizing, can we relax, and it might not that we might not be able to relax the thing that we're recognizing but we can relax our relationship to it. So soften how we hold it, how we're present for it. So we're kind of like,

again, move into that light touch that open way. And then as we get more and more familiar, and as we relax more and get softer and inside and more open, then there's at some point, there's an opportunity for this system of ours to do something deeper, which is maybe to let go to release some clenching or holding that we have around something. And that's a different movement than relaxing but it's the same family, let go release. And then the, in one teachings of the Buddha, he kind of goes through these different movements so far, and he has, you know, relaxing, and he has releasing and but then the last one he gives, is relinquishing and I'm not sure what he meant, but I What I'd like him to augment is, is that relinquishing is a different than letting something go. It's it's involves a decision that now I'm done with this because possible sometimes let go something for the moment or for the day and then it comes back. But relinquishing is more a deeper decision. I'm I don't I no longer believe in this. I no longer have value. This is nuts. I don't stand behind this anymore. I'm done with complaining. I'm done with gossiping. I'm done with drinking alcohol every time I feel uncomfortable about something. I'm done I relinquishing and, and he said, I think it's a very mature movement. It's a deep movement of spiritual maturity to come to a point in some areas of our life, where it's more than just letting go but it's really from wisdom, saying Okay, I'm done. This is not what I say. And it might not mean that you don't just instinct that impulse doesn't come up again. But it's a real clear the items I'm not, I don't support this anymore. And that can be a tremendously powerful and mature thing to do. So if this is helpful for you to keep this in mind is a simple kind of very simple kind of little mantra almost for how we go through our life a little bit in practice. just recognize, feel and relax, and then start over again. So thank you all and maybe we can do it. Cleaning the center.