

# 2018-08-29 Wow Amazing

Mon, 8/31 6:06PM • 11:57

## SUMMARY KEYWORDS

amazing, selfing, amazement, perceiver, door, direction, endless, mountains, mind, skies, suffering, panorama, perceive, redwood city, distance, world, soles, tactile, buddhism, turn

## SPEAKERS

Gil Fronsdal

So imagine that you're standing in front of a large solid on giving Iran door gate and you wonder what's on the other side. And so lo and behold, at some point, this big door gate, rolls off to the side, and you can step through and you find yourself standing there on this wide ledge, high up in the mountains. And you have this spectacular view that goes on and on and on forever. Mountains receding. In the distance, beyond the mountains, oceans, skies galore in all directions, soaring birds flying by the distance, and it's just spectacular and awesome and just see the magnitude of the size of what you're seeing. And it's a wonder it's a miracle. It's a phenomenon your mind maybe even is so amazed by this, it gets, it just becomes quiet and still. And then you think, well, that's nice, but I had my issues and my concerns and I have to take care of things and get on with life and, and, you know, important things to do, and I'm an important person. I'm an important person because I'm so important. You know, all kinds of complicated this whole thing. So you decide to take a good look. And so you say Well, let's see turn around to take a look what's behind you because he wants to walk through the walk through that door right? So you turn around what was Bradley behind me and there, there's this another infinite vista of it this mountains and hills and skies and clouds and forests and birds and animals and waterfalls and rivers and just like all directions. So we set always the eyes are the door, the ears are the door. The nose is the door, the mouth is a door, the tactile sense of the body is a door and those doors open sometimes and They can perceive and see in what we see, when we look out the eyes, whether you're in a dirty alley, or if you're in a behind this year is looking out. It's really a wonder. So Marvel, it's amazing that we have the capacity to see that what we see and the colors and the lack of colors, the stuff of the world and that anything should exist. It's just it's just like, wow, why does any of this exist? And here in our urban world, I mean, wow, how much do we take for granted every day, in this urban world of ours? That is just part of our environment. We don't even think about it. We take it for granted. That if you just go back a couple of centuries or even a couple of decades nowadays, but imagine 1000 years or 10,000 years and anyone that Little things that we take for granted. I mean, what I'm marvel at would have been for the people at that time. I mean, your car's tires, the shoes, you have the soles of your feet, the glasses you have on the clothes you have. No, just mean it goes on and on and on. I mean, most of this stuff we have is, you know, is comes out of years and years of us human innovation, developing growth and understanding, you know, in our life is dependent on things that were not available just centuries ago and 10,000 years ago, just like they were, those people would have been stunned and amazed. And all these people talking into this little box, you know, that they put up next year and they're talking to people in other side of the world. You know, who needs who needs the psychics anymore. You know, we have this easier now use call sub one. So it's just as amazing has amazing as looking out into the best panorama of mountains and rivers and oceans and the distance is the panorama of what we look inside. Look in the other direction. It's as if I offered him when I meditate. I think it's actually faster and larger, that has no limits has no boundaries. The physical world kind of has boundaries, you know, but the inner landscape is just endless and boundless. It's, it's a wonder it's an

amazement, that all this inner world and the skies and the space and functioning that goes on in there and the mind and the capacities for attention and concentration and love and compassion and creativity and Beauty and the beauty that's in there just phenomenon. And if you only looking at one direction, you could think that the perceiver the one is perceiving a special. But if you turn around, there's no perceiver it's just this endless stuff. And if you turn around quickly to catch the perceiver, as you should guess, you get the view the other direction. You need to be really all you get is that all there really is is that amazing view. So this idea is teaching and Buddhism of not self, as you said, profound teaching and Buddhism is not really contingent, or say differently. The alternative to that, you know, self and selfing and self identity and be myself in mind and what's in it for me. One alternative if you don't have that it's just amazing wonder, just amazement. And then you wonder, well, who is it that's going? Wow. answering that question is not that interesting. You know, if you get an answer to that question it's kind of like a distraction from the Wow. Because to even have that question Who is it that's saying wow, I mean even have that ability to look upon that question.

That question just is part of this amazing landscape that this should arise in this amazing world this question of what is this Who am I Wow, don't look for the answer. Just be Wow, I might have those thoughts that ability. Wow. Wow, what a world Live in what a mind what percentage of your suffering would not exist if you just this amazing I mean, don't people realize you go down El Camino Boulevard here in Redwood City and see people are rushing around and on their phones and other things. Sometimes it's just amazing how disconnected they are from wow wow. Where this universe where people don't understand don't wow Isn't that amazing? That happened? And then you want to tell them about the Wow. Amazing. And they look at you like you're crazy. Because there's important things to do and important people to be important sufferings to have. Not I don't want to belittle suffering, but I suspect that a fair percentage of a lot of suffering wouldn't exist. If people really had the view that this stuff of inside and outside, that's amazing. It's just like any of this is here. And that's in the middle of any of this we should be conscious and aware. And can we even say, we are aware I'm aware. Does that make even makes sense? just endless abyss thoughts endless view to endless and to say I in the middle of it it's kind of like not needed to kind of just I don't know just kind of too easy to lose touch with a wow as soon as you bring in AI but you do anyway we do anyway I and wow, I design happening Why isn't that amazing? How can that happen? Amazing somehow evolution came up with this, you know, identification thing that goes on in selfing. And wow. It must be there for a reason, causing conditions. I didn't create the I I'm not responsible for this selfing somehow that came along with this amazing it's part of the landscape. It's part of the business. That's why so it's amazing or it's not if that's what's happening to you today it what's happening to you is that this is the last thing that you wanted to hear about. Because it's certainly not amazing. It's a complete drag. And there are serious issues to be addressed and to base and to deal with and well, then I'll just apologize for looking at one you in amazement. It's amazing. Hopefully you'll accept my apology. And now, as part of this amazement.