

2018-09-05 Dharmette Not Always So

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SPEAKERS

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So I have wondered sometimes whether a caterpillar ever thinks it's going to become a butterfly. And I wondered, you know, maybe they know that maybe it hasn't occurred to them. And they think that they're always going to be a caterpillar because that's what they are. So, and probably I don't know how much thinking caterpillars do. But I know that human beings who do a lot of thinking will often think that they're going to be the way they are forever. Or this is it. This is how things are. We have amazing capacity to come to Grand conclusions. This is how it is somehow But all kinds of things. But we live in a world where pretty much everything can become a butterfly, but we can become butterflies. There are we have capacity for change and unfolding and growth and development. That's quite astounding that what's possible inside and what can come and develop. And that one of the challenges for this is our thinking and how we get caught up in certain way of thinking it has to be this way or this is it and, and, and what happens when people maybe some of you already have seen this, that our perspective of ourselves, perspective of the situation shifts according to the state of mind that we're in. And when you meditate, there is kind of kind of a mind, mind, state shifts that go on. And those state shifts gives us a different perspective on what's important who we are, and what's powerful. For us, and it's remarkable what can happen if we're no longer living, taking up residency in the world of our thinking, where we're not experiencing the world, perceiving the world, thinking about the world through the lens of only what we think. And we can have, we can be swirling around and thoughts and thoughts and thoughts. And that's where sometimes we get to Grand conclusions we have, we can talk ourselves into a certain conclusion about things we can, we can do a mind is capable of thinking all kinds of things. And this is how it is. And this idea that this is how it is, is kind of a dangerous thought.

You know that one of the great little three word Dharma sayings that comes from the Teachers, Suzuki Roshi is not always so not always. So kind of a break, break the kind of the grip that our thoughts have, it has to be a certain way it is a certain way. And so when we meditate, we might be able to actually experience some of these shifts and states that go on. And so for example, one point of view instructions I gave this morning was, if you're thinking a lot, continue to think, but think about what you're mindful of, as opposed to trying to come back and be aware of what's going on. Be aware of your breath or the present moment. Because you can't because you're thinking about all kinds of other things. Just keep thinking about, but don't think about all kinds of things. Think about your breathing. Think about the present moment what's happening here. And so when you first start sitting sometimes will, the state of mind is one of the mind being swirling and thought caught up in thoughts and concerns. At some point, if you keep bringing their attention to the present moment, and you're, but you're actually still actively thinking about the present moment, at some point, you'll notice it's actually a relative gotten a relatively easy to stay here with your thoughts thinking about it. And then at some point, it might be easy to stop thinking so much discursive thought and just be present in a much more silence simple way. Because the mind has settled. The centrifugal force of the mind to think about things and spin

outwards, has quieted down. And the energy of the mind the focus of the mind, is kind of feels like it's at rest or settled here. This you know, at some point in the practice, it becomes easier to stay present than it is to wander off. When you first start, it's easier to wander off and then becomes easier to stay present than just a wander off and then if we don't have if we're not telling ourselves so many stories if we're not explaining the truth to the to the US into the world but rather then then we have a chance for that which is that you know that which is cocooning inside of us that's going to become a butterfly to be fed to be nourished have a tie it's time to often I think, I think our thoughts for lost in them are like little cute little caterpillars that were just you know, nibbling away and trying to find its way and what really that what they most need is to be cocooned so they can be transformed into something beautiful. So we knew in our thinking mind a tremendous service. to it, it's a wonderful part of our being. But we do it a great service. If we can somehow get quiet enough, still enough that it that thinking capacity a place where thinking arises from gets cocooned gets soft and present and we're right there. There's no wandering off the minds. We're not getting distracted. We're kind of here. cocooning at this quiet, beautiful quiet or hit or tender place within and allowing something to then metamorphosis in that meditation cocoon. Stay close to your cocoon. Build a cocoon stay here. So something can metamorphosis. And maybe I don't know what you think about butterflies. But for some people, they're kind of cute to nice, beautiful, maybe have your own ideas of something, something different. Maybe some of you are more like tadpoles, and you're going to become frogs. Maybe that's better, you know, simile for this or maybe you're swans that you know will come out of a tag or something but, but anyway, the idea is to cocoon or nourish nest, you know, could kind of come in and nest inside, we can kind of sit and breathe and be present. So there's something deeper has a chance to unfold. That can't unfold. If we're kind of nibbling at all the leaves in the mind thinking and wanting and judging and planning and reviewing and concluding about things.

Much of the suffering we have in the world and much of the suffering that we perpetuate on to the world others goes through thinking mind the thoughts we have. But if we can get down to the root of thoughts where they begin and cocoon it, and nurture nest nest in that place, inevitably that which is beautiful inside of us will have a chance to surface and come out. So, too so I think what motivated me to talk about this today is the value of trusting the process of practice that brings us into different states of mind. So that when you're in particular states, ordinary everyday states of mind with the mind is thinking a lot and preoccupied and distractible and caught up in things that it is. It's actually quite helpful not to give too much authority to that way of being. Or don't assume that this is the accurate way of being in the world, the accurate way in which you see yourself and see the world. And so you know, this is I'm in I'm in, I'm in a state right now, the wonderful thing with an expression that I'm going to state, it usually means you're stirred up or something. And I'm just going to state and with that state comes a certain way of thinking a certain way of concluding certain way of seeing the world. But it's just because I'm in the state. And I'll see it all very differently. If I'm getting dropped down to, there are other states to be in. And these meditative, meditative states that calm the subtleness that comes, the place where we're cocooning ourselves, in a deep way, gives us a very different perspective of it all. And so to know that there are different perspectives, so that we're not giving this you know, fixating ourselves on the conclusions from one State in thinking this is the truth, but opposed to instead saying, Oh, this is how I see it now. I think that there are other ways of seeing it as well. And that that just that just that can be a little more complicated version of not always so. So great. So, thank you. Thank you for being here. And now we'll spend the next