

# 2018-10-17 Dharmette Opening To What Is Real

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## SUMMARY KEYWORDS

open, mind, awareness, contracted, observe, practice, happening, reveal, psychophysical, changing, mindfulness, tight, pain, bore, nonreactive, meditate, quieter, relax, question, connect

## SPEAKERS

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Okay. So you know, we specialize in this practice of mindfulness paying attention. And, and one of the kind of ideas in this tradition is the idea of nonreactive attention, non judgmental attention, just letting things be as they are, and just observe them and be with them. But that's kind of an approximation of what happens because you can't actually observe something without changing it. And, you know, with the listener in our mind, so just the fact that you're looking at and watching. If you're able to watch in a non judgmental and non reactive way, things will start changing. So To keep the practice really simple, and, and just kind of show up for what's here and ask the question, what's real right now? There's two ways of maybe then answering that question with the awareness. One is to bore down to extreme version of it is to bore down. Okay, I'm going to study and look and see what's here. The other is to open up and let what's here reveal itself. So one is to hunker down and look and talking. I got it serious here. The other is to relax and open and let it just show itself what's here. Both of those in that maybe there's a range in between, but if those two extremes are kind of the example, if we get serious about the practice and bore down and really try that has an impact on our whole psychophysical system. If we and the other hand, just open up and say Oh, what's happening now? What's here and let it be revealed that has a very different impact on the whole system and changes things. So, because the attitude of the mind affects our whole psychophysical circumstance, what goes on here? So for example, if there's physical pain, if we kind of get really serious about practicing with a pain, we're going to work with it and really focus on it and blast it out of existence and really cut or really get serious about being nonreactive and get all tight. It's, it's very easy for the pain to get worse. But to be very relaxed, and say, Okay, let me let it let it show itself to me more. Let me just be here in a very simple way with a pain. generally not always, but generally, the level of the pain will begin to decrease If you're watching your mind, your mind, have a busy mind active mind a lot of thinking, and you starting to get really serious about, okay, let's really study this mind and deal with it and work with it, then, after all, it's not a good thing, then we get tight and contracted, which is fuel for more thinking. But if we dropped in and say, What is this thinking mind like, let me open quietly, let's get a little quiet here. And look at it, observe it in a more open handed way. That takes to some of the fuel out away from the chronic thinking, we're not feeding it so much anymore. And the tendency for a lot of thinking is it gets a little bit quieter, if it has if it has space and use observe it in a spacious way. Same thing with emotions. If if we're reactive to emotions, and we say I don't like this emotion, so I'm going to practice mindfulness get rid of it. You know, this I'm so I'm so angry or upset or something from filled with resentment and, and this, you know, I'm a good Buddhist, so I shouldn't be this way. And so I'm going to really use this mindfulness and then loving kindness, I'm really gonna blast it out of existence. You know, and I'm talking to extreme versions, right? But no, you know, people can do a teeny bit that direction. And, and,

you know, that creates conditions for more anger, you know, you've thought tight and stressful and better happen. If it doesn't happen, I'm going to be really upset with this Buddhism thing.

And so it just makes it worse. But if the attitude or the approach of awareness is what's happening here, what's going on here with emotion? What is this? And I'm using my hands not as open my hands wide, like what is this and kind of like almost like receptive to what is this to receive it. So in the heart or in the mind is more kind of like you're open and receptive like you're Welcoming, okay, let's welcome this experience and observe it, that just let it in that kind of simple observation. And if you do that, that's going to change it to some degree. I think of sometimes awareness like that is like giving, breathing room for something to expand out into. So not so contracted, so begins to relax or soften or open up or something. But when it's contracted, it gets claustrophobic, then, you know, it all gets, you know, all exciting in there. So, to how we practice awareness affects what we're aware of. So there is actually I kind of believe there is no real neutral awareness that hasn't, that doesn't influence or effect on what goes on. But the effect that you have, will be different if you're trying to have effect versus you're not trying to, but you're just trying to be present for it and make space for it. And let it kind of make space for a time unfold, to process itself to unwind to reveal itself. So it gets known better, so that the tensions of your body can begin to relax so that some of the tensions of the mind can relax. So what's here? So to ask the question, what's real right now? And to do it kind of with an open receptive mind to let something show itself to you, actually affects this. And so to ask what's real, with that kind of awareness? More often than not, will help you to drop into a chain something will shift inside that will connect you to something as realer. You know, you might drop below the usual abstract discussion story takes telling, telling dialogue mind that we have what's real right now. And then something can settle maybe or something else we can have something maybe physically almost kind of open and feel or sense or allow. And it's the very movement of asking a question that way that allows us to connect to what's real. Maybe that is what's real is that connection, as opposed to discovering something that's always there. It's kind of in that, in that discovery, that discovery is real. Wow, this is what's happening. So it's a wonderful thing to do this repeatedly through the day. The what's real, what's real right now for me, to let their mind become quieter, just a little bit quieter than usual. Just whatever you can do. compared to how you are at that moment, that the mind become quieter and, and then have the question of what's real right now, as if your heart your mind, your body is opening to allow what's here to be revealed, shows itself to you doing that changes things. And if you keep doing it, not, you know, like in a hurry, but if you do it more often than you already doing it, it makes a difference. If you do it twice an hour, instead of once an hour, that's twice as good. If you do a twice an hour instead of zero times an hour, it's infinitely better. What you do once a second, you'll feel like you're hurrying, and it'll be it'll be it'll be coming Under public counterproductive, so you don't want to do too fast because you know, then it gets in the way as well. But if you do it, you know, every few seconds in a relaxed way, that's fantastic. But many of many people have busy, busy lives taken during, you know, some people tell me I don't have time to meditate. Do you have time to ask the question? what's real right now? And kind of open like this. And I don't have any space in my house to meditate.

Did you have places in your life where you can take a moment and just say what's real right now. So it can be that simple. And then to do it, and to do it. And so the idea of doing it regularly, like every few seconds might be nice. But I offer this to you because sometimes it doesn't have to be that often. The females every five minutes that might connect you enough and create momentum enough to make a world of difference in your lives. So in the process, I hope that you come to love, your capacity to be aware. Thank you