

2018-11-21 Dharmette Giving Thanks Self Care

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tenderizing, caregiving, grateful, care, tenderness, deeper, thanksgiving, gratitude, conceit, sense, movement, relaxed, person, thanksgivings, heart, place, soften, compassionate, open, self preoccupation

SPEAKERS

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So then, continuing a little bit from what I said this morning, that that topic of Thanksgiving. Being grateful, I feel is closely connected to caregiving to compassionate care. And so we sit and meditate in such a way that we can care for ourselves in a deep way. And perhaps feel gratitude here for this what's here. And gratitude, in my mind is a kind of human healthy humility, to kind of help the letting go of conceit to be grateful these two little bit to kind of open ourselves up, bow down, kind of Be realize how much we receive, as opposed to how much we take what's given to us and generous, gracious way and free way and life is given to us so much is given to us. And, and then that humility or that kind of lessening of conceit, then there's more room for tenderness for care for warmth, there's more room to feel what's here. conceded mind is a claustrophobic mind. A mind that's always wanting and doing and trying to get something doesn't have much space for what's deeper inside to to feel it and open to it. And so, we open to a kind of kind of tenderness, a kind of carrying this compassion net this That the things that we're grateful for the people we're grateful for, I think the natural movement to really rest that gratitude really take it in, like space for this kind of connection is in that tenderness. So that is to then care for that which we're grateful for. And so hand in hand with the idea of gratitude, or Thanksgiving is caregiving. And so we meditate, we care for ourselves. We open ourselves up to a way of being that allows us to meet the other with a greater sensitivity, with greater tenderness with greater maybe gratitude. And in that, that we want to care for what's there. We want to care for this world we want to care for, we're grateful to and so we want to take care of our friends or family. We want to take care of our neighbors, our world, the world we live in. And so this movement of care giving is not an obligation. It's not meant to be something you're supposed to do. But rather it's something that arises from a certain way of being settled on oneself. And in that settled, relaxed, not conceited way. There's a, there's a empathy, there's a sense of connectedness, there's a sense of movement of inspiration, that that flows out as caring for others. I think that the obligation to care for others probably kills this inner quality. And so if we have too much self and conceit around, I'm supposed to be a certain way. I'm supposed to be a caring person who's supposed to be a thankful person. It's almost impossible to do it. You have to almost be willing to put aside all the shoulds. And trust that if you kind of do this composts movement, this folding in and really settled in on yourself, and find a place of peace inside of warmth, of tenderness of caring for yourself, even if there's no peace inside of who live agitation, there's a way of being tender towards that. There's a way of having some sense of caregiving to our inner struggles, as opposed to attacking it or fixing it or getting away from it or doing something about it, but just to offer that caregiving, that kind of generosity of spirit to hear, I'll be with you, I care for you. And that's mostly what the world needs of us. And we need a lot more people who can care for others, not out of obligation and not pushing to do it.

But out of this kind of simple, relaxed flow from the 10 connection that we have the gentle connectivity we have with others the sense of the place where simple gratitude and appreciation can reside, that we don't have to tell people we're grateful. We don't have to tell them, we appreciate them even. That's that we care. And that's a beautiful thing. But that's not the point. The point is to come from some place to operate in the world and someplace that comes from some deeper place where there's no conceit, where there's no self preoccupation. But where there's a deeper sensitivity, a deeper sense of well being contentment, and deeper, tend tenderizing movement of attention. So to, to have a kind of attention, to have kind of attention to our life to have a kind of attention to our life. That is tenderizing that softening, maybe softens or tenderizes our gaze, we look because sometimes we look it over really driven and want and get and try to accomplish things the eyes hold that it's tenderizing and the way we hold our body, our body is not tense and pushing and wanting and pulling away. It's tenderizing for our heart, the heart is not protected or defended or closed, or, or, you know, getting a lot of messages should be different. The heart can soften and relax. So they bring a tenderizing attention to oneself. And that tenderizing attention then can translate when we feel grateful to care for what we're grateful for. And so here we're a day before this holiday of Thanksgiving. You might want to consider for yourself, how it can be for you. holiday of care giving. If it's only a holiday of Thanksgiving, there's a little danger that it's more of the conceit. Look, look what I got. So I'm so grateful for all that I got. But if it's a holiday of caregiving, then maybe it's related to Thanksgiving. That the end of caregiving is non obligatory, but comes from a relaxed place within a tenderizing tenderized place inside. That, of course, of course, when the heart feels connected. Of course, when we appreciate Of course, if there's an opportunity, then I'll bring you a glass of water. Of course I will. Sit with you, sit with you and just talk with you and just be Be with you and nothing else has to happen. Of course. Remember some Thanksgivings. I went to big family Thanksgivings. And the impulse sometimes to talk to someone else than the person I was talking to. And I noticed that and I would, I would just let go of it, and then I would practice just Okay, then I'm going to be here forever with this person. And they just, you know, just relax and just, you know, just as if that, you know, kind of that's the also the gift. The person doesn't feel like you're, you know, that the preview, you want to get away from them and get somewhere else, you know, just like yours there. So whoever I ended up with, I'm just there. And there was always amazed I was amazed to watch how quickly these things change. You know, they're somehow they changed, you know, it was it was never stuck. It's just like, Look, it's smoke and changing but this idea of just caregiving commis deeper place of contentment and satisfaction just being there with what's here doesn't have to be so dramatic. What caregiving means. compassionate care, compassionate presence. So may whether you have Thanksgiving alone or Thanksgiving with other people it's equally an opportunity to touch into some deeper way of being that is tenderizing touches into some profound aspects of who we are. They we care for each other. Thank you