

2018-12-19 Practice Note Be Still and Look Upon Everything Knowing Kindly

Mon, 8/31 8:21AM • 3:03

SUMMARY KEYWORDS

phrase, kindly, kinds, meditation, nourishing, kindness, practice, body, agitated, moving, stability, walking, included, stance, fist, clarify, memories, concerns, thoughts, stillness

SPEAKERS

Gil Fronsdal

So I'll offer you some words about the practice, more like a stance or approach in which you can both go through life with, through the practice with maybe you want to apply just in meditation. Maybe it's useful elsewhere. Or maybe you don't do this, but just the idea of it is helpful to clarify what is important for you and what is going on for you. And sometimes it's useful to have these little phrases that you carry with you. And you can say the phrase, and then just see what comes up. It might be Oh, that's, I'm glad to remember that. Or it might be you know, that's maybe good for sometimes but that's clearly not what's called for now so I'll just do something else. You know, now I know what a you know what I should be doing. Maybe so the phrase is, be still and look upon everything kindly. Be still and look upon everything kindly. So certainly in meditation, perhaps be still your fist physically still with your body. And walking meditation, you're moving, but maybe there's some kind of some way in which you're moving, walking that your body is also still maybe from that in certain kind of way from the torso up perhaps or some inner place of stability. And in all kinds of things can happen when you're sitting or walking. There can be all kinds of emotions and feelings and thoughts and memories and concerns of all kinds and sensations in your body of all kinds. And what would it be like to be still in relationship to it, to not getting agitated, not get active, not be moving towards it or moving away from it. And to look upon it kindly to look upon it with kind eyes. What would that mean for you? Or why would that be useful? And what's the wisdom of kindness of kind eyes? And how do you bring forth the kind eyes? So be still and look upon everything kindly. And I love that phrase includes everything, look upon everything kindly. So what would it mean to be if everything is included in that even the things that maybe normally you'd be upset about. So, I hope you enjoy this morning. And I hope that you have some nourishing stillness and nourishing kindness, and that you can bring that with you into the rest of you Your day. Thank you