

2019-01-02 Dharmette Resolution To Present Details

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SPEAKERS

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So here we are the first Wednesday of the new year. And there is some tradition in various corners of this universe for people to do new year's resolutions. And I think there's also some custom to make a resolution that we promptly forget. Or it doesn't, you know, doesn't stick or something. And they say that sometimes these resolutions, whether it's new year's resolutions or resolutions, run diets are all kinds of things. That sometimes they're too big. The resolution like too big, too idealistic to absolute. It's just, you know, it's so difficult to do and then people get discouraged and they forget about it.

For people who do mindfulness practice, something to think about, about resolutions is to be resolved. To be present attentively for whatever you're doing in the moment. And you're not going to do it all the time. But give attention to the small details of your life. it'll teach you a tremendous amount about yourself. And it can be made turn into your little details of your life will affect or teach you the Dharma teach you how to become freer, caring and compassionate. So what I mean by this is you know, we take off our shoes when we come into here One of the details of life is where do you put your shoes? How do you put your shoes away? I know there have been times where I've come in here for casual events where I've kind of just kicked off my sandals. You know, they go in different directions and there's the out there on the floor and the entryway and it's just like, you know, there's like, you know, I'm going in there to get something and who cares and just, you know, that's one way to do it and there's no no attention to the shoes, no attention to what I'm doing. But you come here Wednesday morning, and if everyone did that out there, you know someone might trip can be dangerous, you know, that make your way through all the shoes at the front of the carpet there. But generally people put them away and the shoe rack. But how do you put them away in the shoe rack? Could it be that how you put away the shoes when you're doing it? Could that be the most important thing you're doing at the moment? Make it's like at that moment, that is the thing. And so it is not a casual thing to do to get over and do it as quickly as you can. So you can get to the real place the real practice here in the hall. That is the real practice, that is the real life. And, and if you're overlooking that, the specific and it's not important, you think it's something else some other time and places more where it's at and more important, you're actually missing. opportunity to practice, be free, be carrying in that moment itself. Every moment is important. So how do you put your shoes on the rack to put the shoes on the rack, in a way that is caring for the shoes, that takes interest into, into into account the context. You're in Maybe there's other people coming in. So you don't want to make up take up too much space. Maybe if you put your shoes close to near someone else's shoes, then there's another space on the rack. But if you put in the middle of the shoe and the, the other people shoes in the edge, then you kind of take up all the space. And you're going to be concerned about the people around you. It's a place where we teach mindfulness

people are here to practice mindfulness. If they see a lot of shoes put down casually, like the sandals kicked off the sides have done sometimes, you know, that doesn't teach a careful, it doesn't convey the idea of attention. But if you put your shoes up with attention, so that they're kind of not not neurotically, or you know, focused on this, but just so that they're sitting on the shelf nicely. isn't like one heels off the edge of the shelf and, or like they're like sprayed out that a V Or, you know, they're kind of like, you know, scattered up there. But you look at the you look at you, if you look at where the shoe was left, it kind of looks good there fits there is appropriate there. This is the appropriate way for Be mindful and clear. Be really there. If you do that attention to the shoes in the shoe rack, you might learn a lot about yourself. You might learn that you hate doing that. You might learn that you have you think you believe you're operating on the assumption that this doesn't count. This is not important. What's important is all the things you're thinking about and wanting to do and concern and preoccupied about. That's what's important. What's important is to get over this as quickly as you can shoot thing and get in the hall so you can really do their real practice bringing, you know, the sooner you can get to the real practice. The better, you know, to some fortune thing about the shoes,

you can learn all these attitudes. Some of these attitudes are somewhat subconscious. You don't even see them operating. But if you have a dedication to take the simple ordinary things of daily life, as the as some of you really give your attention to mindfulness to this is like the most important thing at this moment. What will start happening? If these other beliefs and attitudes will start coming out and be highlighted, you'll feel the tension in the pool between different ways of being, you'll you'll start putting the shoes up mindfully carefully as if this is like the only thing that's happening today. Just the shoes and you'll feel like this tug or restlessness like get over with this and this impatience or different things will arise. Those all those things that the tensions, the impatience, the impulses that come up Those are the very things that you'll probably have to deal with in meditation sooner or later anyway. But now they're being seen. And to be seen in the small details of life is a real gift. You might think, Well, I haven't I'm here to get enlightened I have important things to do. And you know, Buddhism is a wisdom tradition. I'm going to get all this wonderful profound wisdom of emptiness. shoes I mean, what skill talking about this is ridiculous. And but this is the very things that you learn about yourself and how you open up to just being with the shoes will teach you everything you need to know about the Dharma, teach you about emptiness, teacher, everything, just you in the shoes. It can be a pleasure to just be you and the shoes, the oneness, just you and issues and the shoe rack. And this is all you're going to do is like you have all the time in the world like you You don't have to do it slow. But it's like this is the thing where you put your cup down. Even something as simple as eating dinner with friends. And where you put your glass down after you drink. It could just be a casual thing, because you have four things to talk about. But even something as simple as where the cup goes down, maybe it makes a difference in the layout of the room and who's there and what's happening. And, you know, what's the context for laying it down? In Zen training, they have this idea that in any given situation, what's being requested of you. So if you're putting your class down at a dinner party, what's the request to the moment for where that class is going to go? Most people don't think this way. Right? I mean, the class is a class it doesn't really matter. It's just an important as important as you know, talking about politics or this people Whatever. But the attention to detail, the attention really being there, just this, this can also translate to people. The person you're with is the most important person at that moment. And you'll find out all kinds of things about yourself. If you take that on as a practice, I'm just going to be with this person. And you'll find that you have a lot of attitudes. Not this person. You know, I need to get out of here are there's more important people to talk to or there's nothing in this for me or you know, all kinds of things that come up that are subtle or not so subtle that you want to see and work through and some of the attitudes and beliefs that you're operating under. When you see them to really want to operate under them. Is this really the life you want to live? So Asking yourself that question is wisdom. asking that question is how to clarify your life and work your life and practice with your life. It is the Dharma to find

your own way. So it turns out that you've been given a lot more teeny little details of daily life to do throughout the day, then you're given time for meditation. You'll have a lot more opportunities to do this probably, then you'll have opportunities to meditate. What is the request of the moment? How do you really take this particular little detail of life as being the important thing to really be there for just this and not in a hurry, not dismissing it not over looking at not not paying attention. So that can be the resolution for the new year. The attendance Give to the details of your life

when you remember, or when you're inspired. And maybe you won't do it all the time, it's too much to ask you to do all the time. But perhaps you could do it more often this year. And, and what you'll do end up doing is that I'm very confident that you're going to be laying down the foundation of a lot of important qualities needed for meditation. It'll support your meditation practice, you'll develop mindfulness, self understanding concentration, you'll learn to work through a lot of the things that are obstacles to meditation, because they're very obstacles to putting all your shoe fully and carefully. This is what I'm doing is the very obstacles that will come up in a different way in meditation. So no big resolutions this year. Just small Once the small daily details of your life that's where you can meet your life. So thank you very much for being here and now we have this topic