

# 2019-01-09 Dharmette Edges Vs Center

Wed, 8/5 6:31PM • 8:48

## SUMMARY KEYWORDS

fluttering, trunk, feel, tree, edges, reacting, leaves, unstable, pleasure, canopy, heartwood, branches, outer edges, movements, stable, stability, desires, life, fork, unpleasant

## SPEAKERS

Gil Fronsda

So I'd like to give an analogy and that is yesterday I was looking at a large tree. I don't know what kind of tree it was, but it was kind of a lollipop tree and a big expensive canopy. And it was windy yesterday. And looking at the tree. My eyes were drawn to what was moving on the tree, which were the outermost leaves of the tree, the end of the little branches. You know, the branches get thinner and thinner as they go out in the split and beat fork and, and the very end of the fork, little blend, you know, end of it to the edge of that canopy, where all these little leaves that were fluttering around. It looks to me like the leaves are deeper in the tree. We're not moving so much in the wind and certainly the branches deep inside were not in the trunk certainly was not moving, but the outer were fluttering around. And my eyes were drawn to the fluttering leafs. So this is analogy, his analogy for how in our lives, sometimes our attention is drawn to that which is fluttering on the outer edges of stuff, edges of our life and ourselves. And we sometimes you know that which moves and maybe it's most predominant, but it's a place where it's least stable, least strong. You know, you can't go on the outer branch and those little teeny little you know, thing called branches anymore, but this little kind of fork things where they the end, you know, you're not going to stand there without deciding there's no support for your use fall right down. But if you go into branches that are close to the trunk, they might be big and solid, and you could sit there and build a tree house or standing them quite fine. But if you're out there where it's kind of unstable, it's not going to hold you up. So in our lives, it's all too easy to end up living out there on the edges, and what moves and where it's kind of where it's unstable or not strong, as opposed to living where it's strong in us where it's stable and solid. And we're not so fluttering by the slightest breeze that comes along and everything little thing that happens, we're kind of caught up in it and concerned. And so one of the things that we are, you know, on the outer edges of the leaves are, how we feel comfortable and uncomfortable. How do we feel pleasure, pleasure, and pain, pleasure and discomfort. And those are happening all the time. And more often than people know. we're reacting to the constant fluttering and movement of pleasure and pain, comfort and discomfort and sometimes we have important things It happened to us. And we think it's monumental or something. But what we're reacting to is not the monumental of emotions or feelings or issues, but rather whether it's pleasant or unpleasant. And that's because human beings are kind of like, if we're out in the edges of stuff, we're not very stable and strong and balanced. We end up reacting to the slightest little movements of what seemed pleasant or unpleasant. And it flutters and moves and it's changeable all the time. And we're constantly kind of in reacting and doing living there. And there's other things that we do that are more on the edges of, you know, where things are unstable. Some desires that are fleeting, some desires are not really very grounded in ourselves, come kind of from the edges of our mind edges of our life and we want things we don't want things and so easy to kind of pick up desires and wants and aversions and we're kind of living again on that on the unstable edges of the canopy, where of course it's going to feel unstable Of course, it's not going to feel very satisfying or lasting or, and so we flutter from one little leaf to another concerned with this and that part of what meditation can do is to center us, bring us back into

the trunk of the tree three of our life, find a place where things feel strong and stable. Places where that some reference point inside that is more stable than not moved around by the constant permutations of life, the little winds of life they come and go and success and failure praise and blame, pain and then pleasure. All these things that kind of come and go and shift and change all the time. But again, With us to become the trunk to be centered and grounded

and feel a feeling of goodness or wholeness or a lightness or strength that's deep that when you feel connected to it, and it doesn't matter so much what happens in the edges of your canopy doesn't really matter so much. A lot of the small little details of pleasure and pain or praise and blame or what people think of you and what your desires are, what you're hoping to get and what you're hoping to avoid. Some of that, of course, is important part of life, but a lot of us overdo it into a way of living kind of on the surface of our lives and plenty of people just live on the surface. And from one fluttering leaf to another, jumping around wanting this wanting that avoiding this, doing that reacting to this pleasure, this unpleasant thing. Take your breath and come back Peace still, there's something very powerful is a healthy, beautiful, powerful stillness, where we sit still and feel the fluttering of all the leaves, feeling the flutter the movements of pain and pleasure, feel the movements of desire and aversion that might go on. Don't get into it, don't dance on those leaves. Just feel it with inner stillness. And the chances are over time, maybe not over time quickly, you'll feel the trunk of who you are the stability, the strength, the depth, which doesn't move so quickly and easily that which is not so influenced by the vicissitudes of all the little things that can happen in daily life. And, and to see that difference and make that shift to the trunk as opposed to being there on the edges and surface is part of the movement of meditation today Discovery, inner strength stability. You know, I love the idea that of a trunk of a tree, you have the heart to it inside. So discover the heartwood inside of ourselves that is not so easily influenced by what goes on around that sense of goodness or wholeness or well being or love or peace that's really here that feels like this, this this is heartwood. This is worth carrying with me this is worth being connected to, and what goes on around me, I'll take care of it. I respond responsibly and lovingly and caringly. But I'm not going to sacrifice this inner heartwood, this stability, for all the fluttering leaves that are keep grabbing my attention. Because you remember a little analogy I use yesterday when looking at that tree. My attention was drawn to the fluttering leaves. But that's not necessarily where you want to keep your attention. There's better places inside that wood maybe doesn't move as much. And because it doesn't move as much, it doesn't really pull our attention so easily. So it takes some skill, some dedication, some remembering. Here, take a breath. Take a deep breath, and then return here. Ah, I'm here. So, you're a beautiful tree. No doubt about that. But stay close to the trunk. Don't try to navigate the fluttering leafs. It's not a not a good deal. Just enjoy them. So thank you.