

2019-02-06 Dependent Dependable

Wed, 8/5 6:32PM • 9:37

SUMMARY KEYWORDS

depend, dependable, relationships, dependent, live, person, dependencies, shift, feel, kinds, settle, nice, put, love, learn, work, compulsions, buddhist practice, relax, tush

SPEAKERS

Gil Fronsdal

Good morning. And Sunday, I heard someone say something that stayed with me kind of a nice thought provoking concept. And there are a distinction. distinction is between being dependent versus being dependable. And so we have all kinds of issues of dependencies in our society, dependencies on substances, dependencies on relationships. That where sometimes we have this powerful concept of codependency, which is considered to be kind of not so helpful, and some people have to work through their codependency issues and dependence Yeah, you know, when it's interpersonal has a lot to do with needing something from someone else, which of course, sometimes we're quite reasonable need to depend on people sometimes it's so essential part of life. And it's certainly not necessary for children that they completely, you know, they're little, they depend on someone completely 100% and then as they slowly get older, they depend on people to do less. For a while no one has to feed them. After a while, no one has to help them clean their tush. After a while, they don't have to depend on anyone to give them a bath or shower. After a while they don't depend on anyone to put their clothes on and that are the pads and then he went to, you know, it goes on and on, you know, it's it's a hopefully by the time they're 18 or so that they can maybe go off on their own Take care of themselves and not depend on so much on on the parents. And then and then they managed to do you know, baby good life, not so depending on others until they're become a one of those, you know, in venerable and age and the ones who are venerable and age sometimes need support mothers and dependent others to do things again and so then the process continues that way. But I think, you know, in between there are huge issues and problems people have with dependencies being dependent on people and dependent on people's approval depended on people's secure security people provide dependent on people's being attached to them that depended on people, all kinds of things and then so When it's not done so Help Help helpful. It's kind of when people feel imbalanced, they feel lost, they feel suffer, they feel angry, they feel like they, they feel lost, they feel aggrieved. They feel all kinds of things when they're not getting from what other people what they feel that they depend on what they insist on that they need. And it can be very painful to, to live that way. And part of Buddhist practice is to work through some of that and the unnecessary and unhelpful dependencies to become free of those. And so we don't live dependent on requiring things from others that we best not depend on. It's not healthy for them. It's not healthy for us, and it keeps kind of some people it keeps them from growing up even because they don't step forward into becoming, you know, self reliant in an appropriate way at some point. And it puts them into in relationships that are sometimes quite dysfunctional. And so instead of becoming a bit of living in dependence on others, I think there's a lovely turn of phrase to be dependable. so other people can, you know, can kind of depend on you in a healthier way. Like you're, you say what you do what you say, or you're a stable person and, and, and the shift there, and this is why I was struck by it. The shift is between being rich, wanting something to come from the outside to you, versus having something inside that comes out of you into the world. And, and

so, you know, there's a big difference between depending on our wanting, love for some from someone else, versus having love flow out of it. into the world into towards others. And in the balance like in a relationship between being loved and loving, where do you put your emphasis, or you're more interested in being loved, and less than loving or more interested in the love and, you know, being loved in return, it's nice. But you know that such a wonderful precious things to be able to love or and sometimes I find this this this shift between what we want from others what we try to take from others will be, we depend on others providing us versus what flows out of us and what, you know, what we offer to the world is quite powerful and, and it can take this form, that if we really feel upset that we're not getting what we think we need from someone an interesting exercise is to turn that around and offer the offer what you're not getting. So if someone's not listening to you, you know, this person never listens to me. I try just really listening to them. Now sometimes it doesn't work of course, right? But, but you know, sometimes miracles happen when you kind of turn it around. And a whole changes the whole dynamics and the relationships, shifts and changes, because relationships take a certain shape. If the other person feels the need fields or requirements feels like they're not good enough, or they have to do something or live up to some standard that they don't understand or all kinds of things can happen. And, and so then they close up, they react to all kinds of things. But if someone doesn't feel put upon that allows them to relax and less suddenly maybe they come out of them. That's who knows what it's going to be but it could be something healthy and something is nice for you. So when you don't sometimes when you don't get what you need from relationship, experiment with trying to offer the opposite offer to somebody else's to the other person, see what happens and see what shifts in terms of this mindfulness practice, the practice is to certainly learn to settle on oneself in a deep way to learn how to be present and attentive, but not just for the purpose of being attentive, but for the purposes of being able to let go over settle or relax. The, the compulsions, we have the demands, we have the some of the needs, we have some of the psychological needs we have so that they settle far enough at least during we meditate so we can touch into some a Wellspring inside some other source inside, where the beautiful things can come. Where being a dependable person can come where being A compassionate person can come a loving person can be a generous person can be, can be, and to be able to kind of drop through the layers of the places that kind of surface stuff that keeps us from, you know, it keeps us kind of independence, to discover what's really dependable in ourselves dependable for our for ourselves, what we can depend on. Rather than us trying to depend on others. We discover what's dependable in us. And then if we can kind of really live in that and connected to that, that in marvelous way, makes us dependable for others. So anyway, so this shift of where the directionality is, you might want to experiment and think and see if this is interesting to highlight something or learn something about yourself. Are you mostly focused on getting something from someone else? Or is it more what's your own? Offering isn't that one is always right and when the other was wrong, but it's a fascinating study, it's a fascinating way of looking at our relationships and how we live our life. Which where where do we where are we focusing on where, what direction are we most concerned with? And I hope that you become the most dependable person in the world for yourself. And once you've done that, that in many ways, other people can depend on you in a healthy way. So, thank you