

# 2019-03-06 Dharmette Incubate

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## SUMMARY KEYWORDS

born, ashes, happening, emotions, feel, difficult, idea, attitude, deflating, supposed, whole different world, guessed, felts, space, physically, eggs, unhelpful, kinds, relate, pretty

## SPEAKERS

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It's not uncommon for people to have individuals to have emotional challenges of some kind or other. So they can be challenges with fear or challenges with grief or sadness or confusion. What kinds of emotional things that are hard. And, and when these difficult states appear, it's pretty easy to have unhelpful attitudes about them. To interpret them and unhelpful ways to relate to them in ways which are not good. That are debilitating or deflating or something. You know, like clockwork, a person could just have idea that all hair Both things are happening to me. And if that's the only story that's pretty bad. That's what carries the day. Or this is too much for me or, or I guess I'm always going to be this way or I'm the bad person because of this or, or there's a real problem here either fix it and I have to kind of bring out the pick and chisels. Dynamite. Get rid of it. So anyway, all kinds of things that we do. When we do the mindfulness practice, there's a particular approach or attitude or idea that can be very helpful. And that is too big part of our practice is to feel in the body What's going on? If we can, whatever they emotional challenges, mindfulness practice, maybe not going to fix the external problems we have in the world. But it is a very powerful way of meeting what's an inside going on inside of us. And so to take time to feel and sense experience physically, what it how these emotionals being expressed, how are they appearing in the moment for you. And as soon as we start feeling it physically in the body, we start putting ourselves in the present moment. And little bit this thing ourselves from the distancing or some of the stories, the ideas of it, the projections, the memories, and all these things that are operating, and start feeling what's happening in the present moment, which is good. And then as you feel as we feel what's happening physically, the emotions how the fear or the grief or the anger or the sadness or whatever it might be How it actually experienced in your body. Then assume can be with it. Like you're incubating something. And if you can feel it, well just let it be there. You know, something wants to be born, what wants to be born? What is it that wants to come forth out of that? The Phoenix rises out of the ashes, you know, that comes to mind. Sometimes it's like that, but there's got to be that dramatic net to be ashes. But what is it that wants to be born and maybe all these emotions or difficulties we have, in and of themselves deep inside their inner felts experience, something there wants to come surface something wants to be born and if that's how you hold the difficult That's a whole different kind of a whole different ballpark. It's a whole different world to live in. than the world of feeling sorry for yourself for being angry at yourself or the world or blaming or kind of all these complicated ways which we relate to the problem, I have a problem. But rather than seeing as a problem, see it as this is really important. You're not going to have these emotions, you're not going to have these interest difficult feelings, unless something wants to come forth. Something wants to be born. And what do is to sit and your job is to incubate it. You're the you're the sucker chicken, for the egg. That's what you're supposed to do. You're supposed to sit there and keep it warm. Keep it safe, keep it warm, make space for it, so that something can begin to be born. But don't expect that you're going to see it be born. That just more suffering

You just just be with it. Because it's something will be born for sure. But it might not be on your watch. You might say, in retrospect, oh, that's what came. Who would have guessed? That something as difficult as my emotions I was having? Who would have guessed that it was going to give birth to that? Wow, am I lucky? That's pretty cool. You won't see the cause and effect relationships like that directly. But so what wants to be born? Chances are for most people, I don't know about you all here. But chances are for most people, to have the attitude that something important wants to be born is a much better attitude and how we usually relate to our emotional difficulties. It makes more room for something good to happen. It's not it's not deflating, it's not sinking in. It's not you know, closing up around it or something. So what wants to be born, what wants to arise out of the ashes, what wants to come forth what wants to express itself wants to be said, What wants to be felt, what wants to be aspired for what wants to be to appear for us. And part of this approach comes from having a lot of trust, that there's more important or there's, there's trust in that we inside of us have amazing potential and capabilities that are not part of our conscious Will, little world we live in. We tend to live in this idea of me, myself and mine and not what I have to do when this is happening to me and I have to do something and something you know, it's all this meme, I think going on, we're much bigger, our inner life is so much bigger and more capable than you're ever going to be. Not great. And so what wants to be born is the kind of get out of the way. And that's something surface. That's something come and be born. And meditation is really one of the best places to do this. Because of the fact that we're not going to speak or meditating. So you're not going to say something you shouldn't have said. And, you know, you're not supposed to move too much when you meditate. So you're not going to punch anyone out or buy a lottery ticket or something. Cuz if that's what comes out behind the polarity you know and then you get tricked into something you should have been tricked in but but you sit there and just make space make space and make space and don't come to any conclusions just see what wants to be born see what's the point sometimes are layers and layers of what wants to come so something comes in okay what now What now? What now and I hope so I start repeating myself but I have tremendous belief in the that our inner life or the Dharma or inner life. It knows what's supposed to happen. It knows where healing is, it knows where resolution is where reconciliation is, it knows where evolution is, where growth is that it really knows. Certainly it oftentimes better than we know ourselves. So to make space, make room for that. Create the inner safe in there that allow something to be born. So I would encourage you to be good chickens. tend to your eggs carefully, warmly, safely. Protect your eggs and see what wants to be born. Thank you