

2019-04-10 Practice Note: Simplicity

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SUMMARY KEYWORDS

simplicity, uncluttered, vipassana, vipassana meditation, mind, cluttered, arises, mindfulness, teacher, famous, deeper, mindful, simple, moral issue, emerges, practice, heart, simpleton, hallmarks, life

SPEAKERS

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And then to say a couple of words about the practice. One of the hallmarks of doing Vipassana meditation is simplicity. There is a very famous, in our circles, famous teacher in India named Munindraji, a Vipassana teacher. And he would like to say that if it's not simple, it's not be vipassana.

And so, the idea of simplicity is one of the great benefits of a life of mindfulness. Because mindfulness arises out of the simplicity. It's hard to be mindful or live a conscious, aware, alert, life, wise life, if the mind is cluttered. If we have a lot of in our schedule during the day is cluttered and we're going from one thing to the next and the mind is going even faster than the body is. From one thing to the next. And it's an you know, it's not a simple. Life is not a simple mind. And not necessarily is anything wrong with that. It's not a moral issue. But the deeper, deeper wellsprings of wisdom, of compassion, of care, for love, of peace that's available, really the door to it is simplicity.

And you might as you do this day, see if you could emphasize as you do your walking meditation, just sit here, as you do whatever you got to do. What would be like if you did this with simplicity? What would be like if you didn't try to rush to do as much as you possibly can so you can get to something else? But that every step along the way, you're just here to be simple and maybe without an agenda, your mind is not racing ahead. You're just here in an open and receptive way and not to be stupid. This is the same teacher Munindraji said, if it's not Vipassana, it's not... if it's not simple, it's not Vipassana. But he also said don't be a simpleton.

And so, to you know, to be simple or not a simpleton. To be simple and present and not to have a lot to do or trying to do or try to prove, and just see what arises out of that. See what emerges. If we're always taking responsibility and it's up to us, then it's too easy to get complicated and busy, cluttered. An uncluttered heart, an uncluttered mind. May you go in that direction today. May you find your uncluttered heart as you sit here today in practice. Thank you