

2019-04-17 Dharmette Relating To It

Wed, 8/5 6:35PM • 10:10

SUMMARY KEYWORDS

relationship, relax, soften, edges, chipping, tense, attitude, uptight, thick, situation, middle, terrible, worry, relating, person, happening, chances, unimportant, strong desire, healthy

SPEAKERS

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So there's a little principle or big principle that I like to live my life by. And that is the idea that there's only two things ever going on. There's what's happening and my relationship to it. And the relationship we have to whatever's happening is actually a very important part of the experience for ourselves and sometimes for others as well. And to be able to look at that connection, we have the attitudes, the assumptions, the desires, the aversions, the judgments, all that the whole middle place to kind of thick, sometimes it's quite thick, the space if the relationship as a space between me and that whatever that is that we relationships, sometimes it's really thick. Sometimes it's so thick, that that's all people really see. They don't really see the other person or that thing they're seeing through the filter of how they're relating how they're constructing it, how they interpreted it, how they're projecting onto it. And so it's really thick that world. And so to ask ourselves the question, yes, this is what's happening to the best of my understanding, how am I relating to this? What's the relationship I have? is a powerful question to ask that regularly. One of my concerns in relationship to it, what is my sense of identity in relationship to it? How do I how do I what's the relationship between my relationship with it but what relationship of my assuming it has to me? Who is it? Is it somehow saying something about me? Is it impacting me? Because whatever impact it has on us oftentimes is through To filter that relationship that we have. And if that relationship is really thick, then the impact it has on us is not really the impact of the event out there. It's the impact of the event, as it's like billiard ball balls, maybe that strikes this thick world of our relationship. And that's what comes back and hits us. There's really some times where we hit ourselves at the ground, then, you know, the world out there, but so what is that relationship, what's going on in that connection, what's our contribution to it, it's very important. And so in terms of how we can practice with that relationship, and how we can be wiser with it and find our freedom with it. As a small thing we can do that can over time can be very big is to relax around it. To start over Relax around at all, to really relax around the edges of the relationship. If you have a relationship with something like oh, this is terrible, this is awful. Can you relax around the edges of that feeling office is dangerous and terrible, it shouldn't be happening. Maybe it is terrible. But chances are that you have a relationship with how terrible it is. And chances are that your relationship is thick. You're not innocent, just innocent person standing there peacefully safely seated but ever in the middle of the terrible circumstance. You You have a relationship, an attitude, a belief system and all kinds of preferences that come into play. So let it be terrible. And can you look around the edges of it? Can you can you relax a bit? Can you relax? Can you relax physically? Can you relax emotionally? Can you relax mentally softened a little bit, lighten up, kind of breathe deeply and make some space breathing room for yourself. So or maybe you have a really strong desire for something that's healthy, good. And so, we can get mesmerized by the goodness and healthy of this that this is right that should be this way I should have it but the relationship is one of clinging of wanting of pushing a stress around it. Can you relax from the interest of that, whereas this weird can be there softening, a calming a settling?

What is your relationship to it? Sometimes you can feel it very interestingly, physically, not just simply the tension in the body, but the way in which the body leans the way the body kind of tightens up I mean leans forward or, or skills poised for something or pulls back, you know, like, and some of that is can be seen by other people and sometimes it's so subtle At Dhamma you can know it, you can feel a little bit too subtle movement. And so can you relax that? Can you soften around that? What I'm trying to suggest here today is to be content with doing modest amount of improvements in the situation. If you're if your attitude, your relationship to what's going on is all or nothing, I have to fix this, this has this has to go away or this has to be a certain way and I have to get my way or you know, whatever just it's like big, big, like, you know, it's just, you know, probably not an attitude or a relationship that helps out. And then that could be the feeling which just gives you say, just relax a little bit. I mean, doesn't even realize how desperate it is and how serious it is. I need to be tense I need to be you know, you need to be running around in circles. I need to be kind of like someone has to Be Someone has to be worried and you know a hotkey to kill say so much. Yeah, to be relaxed. I mean that's unrealistic. Just relax, relax around the edges. It may be it's really important and it's really important to worry and really important to be uptight. If you're convinced that's the case, please do it. But still, can you relax around the edges? The chances are yes your relationship to situation is that's desperate and you need to worry. But you have a relationship to that desperation. You ever relationship to that sense of need and want. There's layers and layers of kind of adding on. Can we relax? So for example, yes, you need to worry. Yes, you need to kind of get all tense. But then you notice that you're thinking about what other people are thinking about you as the same If you're the person who's gonna, you know needs to take care of the situation, that's extra, maybe you can relax this kind of concern what other people think just take care of this situation, just be tense in an ordinary way, without adding on tension or other people think right? Or, you know, this and that and adding adding layers of things. I think that there's lots of room to relax and soften and around the edges of what's happening in that world of our relationship to it. And it's not unimportant. To do that. It might be that we started we started the edges where it's easy, where it's easy to see that it's extra, and then slowly, as we get a handle of that and work through that they no longer get caught by those things. Slowly we begin working in closer and closer into the heart of it. It's kind of like you know, Michelangelo said that he sees the statue inside the marble He just he just kind of it's already there, he just kind of reveals it. So we're just chipping away at the edges like Michelangelo and his sculpture, chipping away chipping away to places where attend stressed, relax, and then this beautiful person you are inside finally has a chance to come out. So don't don't underestimate that you know someone that you have to start somewhere and if you're like, soft, if you're frozen like marble or something so caught up and things be content with chipping away at the edges, the soft places, the easy places where you can kind of relax and relax and relax. And at some point, you might notice that you take care of situations better when you're relaxed. And then the this this very insistent voice that some of us have that, that I have to be tense. I have to be all uptight because this has to be you have to worry because it has to be done or something won't get the upper hand. You know actually not true, I think I can take care of this responsibly dedicated way, maybe even fast if it needs to be done fast, but I don't have to get kind of all riled up by it. So relaxing around the edges of things and working your way in and be interested in that. Don't be blinded by the big thing in the middle. Soften your relationship, relax your relationship to it, find a way to work your way in. And if that's as far as you can go, then be relaxed around that.

And if if what I'm saying here is just absolutely unacceptable. Relax around that.

So always, you know, relax about it, whatever it is. Wherever You can and don't think that it's unimportant to do even small amounts. So thank you so much