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SUMMARY KEYWORDS

separated, meditation, seclusion, secluded, quiet, mind, impulses, crowds, feeling, feel, touch, sense, word, fragmented, activity, sheltered, place, unwholesome, nourishing, satisfying

SPEAKERS

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To say a few words about the practice, I want to invoke a few English expressions. There's the expression, you know, being out of the rain or sheltered from the storm, which is kind of can be a kind of a nice feeling. You know you're out of the rain and it's cozy and maybe dry and, and feels good sometimes and cozy. Being sheltered from the storm, you're protected from the storm and that can feel good. Away from the crowds. It's another expression, did you and other people say something like that they often have a positive connotation, socked, finally away from the crowds and thinking about how you can be in a crowded social situation music blaring maybe at a mall or something and everyone is rushing and talking and maybe too many people want your attention and your jostling around and There's a lot to pay attention to to figure out, keep your eyes open and scan the horizon figure out, it's just exhausting. And And finally, you're able to go they happen to have a little meditation room at the mall. And so you're able to go and drop dead step in, and immediately it's a serene place, it's quiet and it's so nice to be in the quiet, separated from all the business and noise. And it can feel quite good so good that you can now hear yourself think and you can finally discover what how you're feeling and maybe you feel somehow tense, it's nice to sit in a place with a tension can begin to relax, and it feels good to be separated from all that noise and activity out there. So this idea of kind of being withdrawn a little bit or separated from situations that are overly active over the busy are really challenging, and coming into a place that peaceful and quiet is one of the kind of strong reference points for meditation or Practice, and, but not so much that we have to do withdrawal. But more that it's a way of coming in touch with ourselves that we felt the meditation world with that the focusing less than the fact that we've separated ourselves from the crowds from their, you know, busy situations, all the activity of daily life perhaps, and gone to someplace where it's relatively quiet, maybe an empty room. Maybe you know, a lot of you here today, but you know, we're quiet mostly, and just kind of quiet, nothing, and then go someplace. And the emphasis is not being separated from ordinary life, but rather what's gained. And what's gained is that we can be in touch with ourselves, and not just touch with ourselves and maybe a selfish way, but in touch with some of the goodness or some of the wholeness or some of the fullness. Ideally, meditation connects us to the fullness of who we are. Whereas you know, in the busy, active, maybe social life For a work life, many people experience themselves becoming fragmented, feeling scattered, or their thoughts and minds, and they lose touch with themselves. And so here the idea is to really value and appreciate this deep getting in touch with oneself, and be able to listen and feel or sense, so much so that there's a feeling eventually, of maybe deeply in touch with oneself. But more like a kind of maybe a sense of wholeness or radiance or presence here in this body that feels so good and satisfying, be part of it's very satisfying feeling to be to be this way. And so that's a long way of wanting to introduce you to word very important word and Buddhist meditation that could easily be misunderstood.

And that word is seclusion. The Pali word is to be Becca, which literally means separation to separate a bit be separated apart from and it's a whether was the DSP secluded from the busyness and activity of ordinary life in so we can be in touch with ourselves so we can allow something deeper to well up inside. And then as we kind of do that, to separate ourselves from or distinguish within us the impulses we have that are healthy and unhealthy the impulses that are the thoughts, the feelings, the emotions, the motivations we have, that, you know, that's not really where I want to be that's continues to keep me fragmented, separated. But this other directions, other way of being and thinking, I feel more connected in whole. And so then we've become sick, traditional language secluded from the unwholesome motivations that we have or unwholesome kind of impulses we have. And so the movement from the crowds into the meditation room where I feel so good to be settled gets replicated in meditation as meditation deepens not automatic, were the same kind of way we become secluded or separated from the busyness in activity in the crowdedness of the mind itself. And we begin to recognize the minds capacity to be more peaceful and calm or whole or unfragmented. And, and so to kind of recognize Oh yeah, that's good. And to feel how satisfying that is and nourishing it is unhealthy it is to become British language secluded from the unhelpful the unemployed, healthy impulses, saternus Racing of the mind, and be able to be in touch with ourselves. Just like maybe in coming into a quiet place, get in touch with your body, to get even quieter, getting in touch with some of the depths of your heart or your mind. So here we are at IMC for the sporting and It's meant to be a place of to cultivate this kind of satisfying and nourishing and very rich thing that we sometimes called seclusion. And, and you might consider this about this separation, this seclusion, this settling in and finding, you know shelter from the storm by really dropping in and being here. And especially kind of to, to ride on the seclusion. Whatever quiet that's here in this building. If we're here meditating, not being so social and talking, to see if you can replicate that in your own mind, where you're not so busy having conversations in your mind or discursive thinking in your mind, but you gravitate you feel your way you sense your way to the place inside. That is a quiet still place. That's not a shutting down, but actually a reclaiming of some sense of wholeness or reclaiming a sense of good Sir, I placed the skills richer for yourself. And if what I'm talking about makes no sense to you seclude yourself from this talk. Thank you