

2019-05-22 Practice Note: Awareness

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SPEAKERS

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To say a few words about the practice, I'd like to quote a Japanese Buddhist saying and that is to advance the self, to move into the world with a self and apply yourself to the world and assert yourself in the world is delusion to allow all things to arise or like all things arise and reveal themselves is awakening. So you know, that's certainly needs to be unpacked and understood more, but I often will go hiking in the hills here. And I hike in different ways. Some days I just hike and let my mind think whatever it wants to think and it's a nice way to think and process, what's important for me what's going on and things like that. When I do that, I'm not really that paying attention to the trees or the what's going on mountains, the hills to trail. It's kind of a blur. So I live my doing my thinking and kind of relaxing because I don't have any interruptions and it's kind of clarifying to understand things and check in with myself. It's nice. And it's when it says I'm bringing me then my concerns and my thoughts with me and not really paying much attention around me. And other times I'll go for a walk. And I'm not really thinking much about myself, my concerns, my thoughts, I'm not really focusing on them at all, but I'm very present for the environment that I'm in. And, and it's not a blur of greenery. But now there are details just as I can that go along. I know something about the plants and the terrain and kind of take it in as I go along and, and kind of see the particularity of what's going on. See the live costo good. I see the valley oaks and I see the 10 bark oaks and I see the California buck guy. And sometimes I just look at the there's a come along the bark of the bark of the stem and I kind of my mind just kind of sees a detail. That's the kind of tree that's like country. So I'm like I'm busy. It's just like stands out these details, particular plants, different kinds of ferns and bushes and shrubs that come along. And part of the delight is just kind of being in this kaleidoscope of not being all being abuzz, but being with the details of it. And those details can get quite exquisite as it was yesterday and there was little droplets of water on some of the little teeny stems of plants and stopping and taking a look at these little beautiful, pristine, kind of perfect droplets are very clear and everything's just like wow, just this kind of sense of seeing it. tale reality reveals itself. And it's kind of stunning and beautiful in a way that's looking at my thoughts and reviewing my important concerns and all that. I would I would tell them I would go wow. And so be passionate practices insight practice that we do here has a lot to do with starting to distinguish what's going on here. So it's not just a blur, the present moment, but it's really you're staying with the details of experience as it's occurring as it's arising. You're letting it reveal itself. And you know, their eyes closed meditating and might be the sensations of your body and really tuning in and seeing them carefully or the different emotions or feelings or even seeing the thoughts that arise. But rather than being involved in the thoughts, it seeing the particularities of an arising thought it's just a thought. It's just a little equivalent of a little dewdrop you know, the junction of three stems just sitting there. It just,

I mean, it's kind of remarkable that we should think what in the world is a thought, and to step back and see it just as a thought, as opposed to getting, you know, lost in the content of the thought, or the

emotion just see an emotion as Wow. We've evolved for millions of years to have this capacity to have this kind of emotion of feeling now, just enough that blur of the emotion but the particularity of it, how it feels in particular parts of the body, how it moves and how thoughts influence it, no details. So this idea of attention to detail attention to the particularity and dropping down below the general buzz of concepts and ideas and preferences and shoulds insurance and what we're trying to do, but letting the pristine simplicity of each thing that occurs, each thing that arises to kind of show itself And then we have a very different relationship to our experience and a very different relationship to ourselves in a certain way ourselves as this kind of generalized vague buzz, you know, kind of I'm here, you should pay attention to me. What is that it's just like it's just part of that, you know, just not taking in the details and just kind of not kind of all being kind of vague buzz, but to drop down and be very still and quiet, to be able to kind of pick up and not the generality or the vagueness of it but the particular details of what arising even this this idea of self who we are, gets a lot of respect. When the details of it get respected. Even though the vague idea of who we are falls away the details of a thought or a feeling or sensation. No meaning is made to it. It doesn't go anywhere. It can just be seen as a little dewdrop kind of like a jewel each thing. So a lot of the positive practice is learning to relax enough to learn to center oneself in the present moment enough that we're not always carrying our preferences and self with us everything and everything seen through the filter of me myself in mind, but quiet enough to start allowing and seeing the particular pristine details of the moment as they come into existence as they're there. And then all of it becomes a kaleidoscope of dewdrops, jewels. Everything becomes kind of special. Even the things that you don't like about yourself. Wow, look at that. Just a thought. Wow. So as you do this day today, his morning you might see if you can kind of see if anything, your experiences, kind of what I'm pointing to, is there some way in which we're just there with a buzz of the vagueness of it in our thoughts and a cloud of ideas? Or is there some way of tuning in to what's always here is here happening? The particularity of the details of things as they come into existence? The clear simple distinctions of simple phenomena, simple sensations, sight objects, sounds, smells, tastes, the inner inner thoughts that might come and go. Attention to detail. to advance the self is into all things is the illusion to let all things arise and reveal themselves is awakening. Thank you.