

# 2019-05-29 Practice Note Kindly

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## SUMMARY KEYWORDS

kindly, gaze, place, part, orientation, meditation practice, stillness, life, reorienting, relate, wanted, alarmed, metaphorical, body, sitting, softly, welcoming, peacefully, eye, meditation

## SPEAKERS

Gil Fronsdal

So there's a little saying that I'm fond of, to represent an aspect of mindfulness practice. And that's the saying, "be still and gaze upon everything kindly". Be still and gaze upon everything kindly.

So be still doesn't mean that we hold ourselves still some frozen way or tight way, restrained way. But rather that we kind of orient ourselves to that part of the mind, the heart, the inner life, that's not agitated. That's not wanting and spinning and trying to get something, trying to do something. trying to figure something out. And there always be some part in the psyche, some inner life where that's still it's peacefully still, it's softly still. And it might just be Little intimation of it at first or, but you could find that place where there's some semblance of stillness, soft, welcoming stillness, peacefulness inside. Be there. Be close to it. Maybe from that place, gaze upon everything kindly. And that's a different way of looking at things that many people relate to what's going on. They can be sitting in meditation, there's all kinds of things that might happen. That you might evaluate as being unfortunate. That maybe your mind is too busy, scattered. Maybe your body is not comfortable, and maybe not quite sitting just right. And maybe there's certain emotions and feelings that that should be different or pains in the body that you wish could be different. And orientation common orientation might be to fix it, or be concerned about it, be alarmed by it, wanted, you know, it's kind of.

But to look upon it kindly, gaze upon it kindly. Reorienting how we relate to our experience, without seeing it as a problem, but rather seeing it as something to be looked on to see, but not to see it any old way. To gaze upon it kindly. And so maybe you discover from time to time that you're unkind inside. That's okay. Be still and gaze upon that kindly. What happens if you look at your unkindness in kind ways?

So it's the eyes through which you see, the metaphorical inner eye, the way in which you perceive or know what's there. How do you look? How do you see? And if you could experiment today with finding a still place within that's welcoming and satisfying and then the second part would be gaze upon all things kindly. Be still and gaze upon all things kindly. Gaze upon all things kindly so that you can be still. Be still so you can look upon all things kindly. And those two can go hand in hand and support your meditation practice this morning.

Thank you