

# 2019-06-26 Practice Note: Silence

Tue, 8/4 6:34PM • 3:28

## SUMMARY KEYWORDS

silence, thoughts, pauses, non reactivity, morning, focused, fixate, sentences, latching, context, attention, asked, place, furiously, gap, object, most important part, relaxation, accompany, stabilizing

## SPEAKERS

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And then to say a few words about the practice. There was a musician who was once asked, What's the most important part of your music? And the answer was the silence between the notes. And another person was able to go into very busy, noisy marketplace kind of place. And someone asked him, you know, how did you manage with that? And he said, Oh, I listened to the silence that's there. And there's always silence, even though there's a lot of noise.

And so when you sit and meditate, sometimes it's interesting to tune into the silence that's somehow here. There might be a silence in your mind or in your body or in the space around you. Some of that silence is found in the gap, the pauses between your thoughts. If you're thinking fast and furiously, there might not be any gaps or pauses. Might it be any periods and your sentences, just very long run on sentences in your mind or something or ongoing movies or something.

But if you are still and quiet enough, you can actually notice the space, the silence that surrounds your thoughts, or is in the heart of your static in your mind. And it's very nice contrast to do that because oftentimes when people are just going about living their lives, their attention, part of their attention, is focused on some thing. Some thoughts, some concern that they have some emotion, some situation around them they're looking at trying to understand, and it's kind of like object focused attention. And it's nice for the attention to be focused on something which is not quite an object for a little while.

And so silence can be that. And that can be stabilizing force, a stabilizing place for the concentration, for the mindfulness, and creates kind of a context of maybe a little more relaxation or spaciousness or non reactivity to what's happening. If you can then notice the silence that's here, not focus on it exclusively. But let that be kind of somehow the, the framework or the atmosphere or the context for whatever is going on. And if you do that, then whatever is going on, maybe you're less inclined to kind of fixate on it or grab on to it or have your attention be so object focused around it, but it can just be there in a very relaxed way. And so for example, thoughts might then be seen as just arising and passing. As opposed to latching onto them.

So it might be interesting if you want when you're doing your walking meditation or you're sitting or any other time here this morning to see if you can tune into some quality of silence. That's always here, though with you and then let it accompany you as you go through the practice this morning. So, may it help your mind become less agitated.