

2019-06-26 Dharmette Self Conscious

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SPEAKERS

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A short description or instructions, that pertains to being mindful is the statement by conscious, not self conscious, the conscious, not self conscious. And what this is suggesting is that it's possible to be aware without the static or the agitation of self preoccupation beings too caught up in self concern that we sometimes in English will call beings you know, someone will say I was too self conscious, you know, I stumbled over my words I couldn't perform properly I couldn't, I didn't know what to do so self conscious. There's a way we use that expression where we get pulled in or caught up in our own little inner drama, self and self preoccupation, that we're not really present and available or smooth or fluid and how we live our lives. And, and to get a sense of see, you know, the how self consciousness works and how it trips us up and limits us and contracts us is in fact, one of the one of the purposes of mindfulness practice, is because without seeing what we do, there's not a possibility of moving through it or healing from it or being wise about it. And then, instead of that's all the static and agitation of being self conscious, to dwell conscious to dwell, dwell aware or be mindful, to open up into a field of awareness that can in a sense, hold at all. Many years ago, I read an account a woman wrote an account of something important that happened to her as a child. She I don't know how old she was in the story, but she was a child. And apparently, she had gone for a haircut that in her mind had horrendous consequences. And she was quite upset and didn't want to go to school. And so her father said to her, let's go for a drive and drove beyond the edges of town and up into the mountains where there was a park someplace where there was a spectacular VISTA of the natural world. I don't know exactly what the desert maybe was in Arizona or idea was in Arizona, or anyway, the spectacular, this stuff the natural world on display. And the father said to her daughter, something like nature or the earth doesn't really care about your haircut. It's here to hold you and embrace you or to accept you as you are something like that. And whatever it was, his father said, changed your whole perspective. And you can imagine maybe some of you remember what it was like to be children or teenagers and the self consciousness that sometimes occurs without going to school and, you know, hair, clothes, it's all kinds of things. And it can be a lot of static and a lot of vegetation around this. And, and here is the father somehow knew that to do offer some different perspective for her daughter, her his daughter, that allowed it, you know, to her to shift from all this stuff. Consciousness, perhaps to being conscious, being open aware to something larger, that's holding us all here.

And so what is it to practice mindfulness with being conscious rather than self conscious? Occasionally, I am talking to people about their mindfulness practice. And I get a clear sense occasionally that some people don't know the difference between being mindful and being self conscious, that their attempts to be in the present moment and be aware of what's in the present moment is entangled with their ideas of self their self concerns, their self image, their self, you know, the personal issues they have, and it's there's so much negotiating self and so much concern around self and how it is for me and what, what, what's, what's going to happen to me and where I'm going with this and what it's going to do for me and

Know how it has to work for me and this doesn't work for me. This does work for me, this is my preference. My promos should be this way for me this way of being mindful doesn't work for me. And you know, to some degree, all those statements can be quite reasonable and appropriate and could even be wise but when you hear them so many of them in a row, it does raise the question like what's going on here? And, and, and can be a lot of preoccupation, a lot of static and a lot of reference point. The probe reference point for at all is me myself in mind. And there's another way and, and maybe you've had the experience of being at the beach or being in the mountains or being at a park looking with communing with a tree or something, looking at the sky. And, and somehow your attention shifts away from yourself one of the first times in my life that I can remember where it was kind of very significant to have a shift like a very secure turn up moment. A very significant to have something like this happen to me was when I was 17 and I was driving in the backseat of a Volkswagen band. And looking at the countryside, we were in the mountains driving in the mountains with some friends and I was just kind of looking out the window. And I got absorbed in the scenery. And, and as I got and, and as possible, my thinking stopped. I was absorbed in the scenery, and everything seemed to drop away, including myself. And then at some point, something happened in return. And it was kind of a kind of a wake up call to have me returned. Because that returning was a more complicated world that the simplicity of the world Russia is kind of open and aware. And so it taught me a lot I started it was the beginning of starting to understand what it was like to be self conscious. And what happened with my preoccupations. Good thing. So some of those started to come back and be involved in. And so, you know, it's been in some ways a lifetime journey now of exploring this terrain and discovering what the nature of the static is, and discovering this alternative way of being conscious being aware rather than self conscious. And, and it shouldn't be learned that it shouldn't be all or nothing one way or the other. It's possible to have them together in this way. That We can be aware be conscious of our self consciousness. Our self concept can be held in this wider field. So it doesn't have to be so important. That's the key. If you take yourself as being, you know everything about us being so important, it's hard to avoid being self conscious. But if you have these self preoccupations, if you have this kind of, you know, static of all that kind of me myself in mind, but you see it clearly and you see at the open up and hold it in a wider, wider field, then doesn't have to be a problem. It's like, Oh, that's interesting. That's quite something, or Wow, it's still there, something and so to open up to Well conscious. And what I hope is that that kind of way of being, that maybe the father was pointing to the Mother Earth, the whole world, you know, can hold us

is is, is, I imagined the father's also he had a great love for his daughter. And for me for this I've kind of imagined that you know, there was the love of the Earth's love for us or the, this wide field that to be dwell conscious, is not so different than to dwell, loving. And to love without self consciousness is one of the greatest things. There can be love that is self conscious, doesn't have to be so bad. That can be good too. It has its place, but to dwell with love that's not self conscious. That's, that's a great, great gift. So to dwell conscious of By conscious, not self conscious, you might carry that in your back pocket, that little thing, not so much that you have to do it. But it might be a little mirror to help you look at yourself and see what's going on. And understand it may be kind of maybe kind of point to another way to well conscious, not self conscious. So thank you. Thank you