

2019-07-03 Practice Note Responsibility

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SUMMARY KEYWORDS

respond, moment, friendliness, situation, ability, responder, present moment, creative, victim, responsibility, student, friendly, happening, increase, capacity, kindness, zen, present, practice, careful

SPEAKERS

Gil Fronsdal

To say, some brief words about the practice. I'm fond of the word, responsibility, provided that we make it into two words. Response ability, we have the ability to respond is very different than the obligation to respond. And which sometimes responsibility implies. But we have human beings have the ability to respond. In fact, at any given moment, we always have the ability to choose how we respond. We're always responding to what's going on in some way or other. And, and the present moment to come into the present moment as we do with mindfulness practice is not just to enjoy the present moment or dwell in the present moment, but has a lot to do with increasing our capacity, our creative capacity. how we respond to this moment to increase our ability to respond. And then the question is, how do you respond? How do you respond to this opportunity, this creative moment that we have here, your response sets up the conditions for what's going to follow the next moment, the next minute, next month, maybe for the whole your whole rest of your life. We don't want to take the how we respond to any given moment as being incidental. And a lot of waking up in Buddhism has to do with, you know, really being present for this creative moment. When I was first, a new Zen student many years ago, one of the things that inspired me in the practice was to observe the most seniors and students about how careful way they were, how attentive and present they were not careful they were with the how they responded to serve. From situations, they seem to do so with tremendous respect and care and, and love for what they were doing. So as you go through the morning here, any given moment you find yourself in, are you the victim? Or are you the responder to the circumstance? And I'd recommend that I say that if you're a victim of what's happening. You're the victim. If you're the victim to what's happening, then you're being pulled down. If you're the responder to what's happening, then you're pulling yourself up. And how do you respond? And you might consider that and a very simple guideline is that kind of will probably always do you Well, if you use this as a guideline for how to respond, no matter what's happening. What's what is occurred, what is or isn't the moment perhaps you can respond, respond with friendliness. Be friendly with what's going on friendly to yourself friendly to the reactions you have friendly to the situation around you friendly to the people in some form or other, have your goodwill, your kindness, your friendliness, be at the forefront of how you meet this. This world of ours in that you and your ability to respond, and Lexis just you have the ability always to respond with friendliness to be a friend of our situation. So may you enjoy this morning here. Morning of responding