

# 2019-07-31 Beautiful

Wed, 8/5 6:38PM • 11:45

## SUMMARY KEYWORDS

beautiful, beauty, meditation, absence, conceit, word, pali, ancient texts, subjectivity, part, skilled, practice, dictionary, transpersonal, subjectively, perce, buddha, shining, quality, translate

## SPEAKERS

Gil Fronsdal

So the theme that's been on my heart for a while now is this idea of beauty, and beautiful. And as I said earlier in the morning that someone's the Buddha said someone skilled in meditation is skilled and skilled with the beauty of meditation. And this idea that there's also this idea in ancient texts that someone would meditate focused on beauty. And it's a word for beauty, so you'll be used repeatedly in the texts. And it's not really clear whether the word should be best translated into English is beautiful or beauty. But that's the first thick dictionary definition The Pali word and but there are other words that the dictionary has like goodness, moral goodness, virtue, that are included to say Excellent. Excellent, excellent see. And, and one of the common ways this word that's used to beautiful is to describe someone who's ethical. Says I say the ethical person has a beautiful character. A nice idea someone had a beautiful character. And, and,

and at the idea that Dharma Dharma is beautiful, beginning beautiful at the middle and beautiful at the end, as if the whole Dharma Dharma is not the teachings of the Buddha, but it's also the path of practice. The ways in which we kind of deepen and deepen and deepen in the practice. And that as we're on the path of practice, it begins beautifully. Middle is beautiful and ends beautiful. Though some of us who struggle at the beginning, in the middle in the end, didn't want to where's the beauty but the sense of the beauty beautiful, the beauty that's here. And

I think that part of this spiritual beauty that maybe that we can orient ourselves towards, or practice with, is, can be understood as the absence of conceit that comes out contain all the different things that come along with conceit is not really that beautiful, or it doesn't resonate there. We don't eat we mean, we feel that absence in ourselves or in other people. So there's an aesthetic quality to it. There's something inside of us that maybe kind of like looking at something that's really beautiful. Like you see an athlete who's really trained well or dancer, and it's just so beautiful to see how they are. I think there's possible to kind of feel and other people, their character the way they are in the world, as a kind of a beautiful quality. And so the absence of hate and hostility, the absence of lust or ambition or conceit, envy or jealousy or cynicism, fear and two To feel a kind of this, there's the one of the words it's related to this, you know, also translate it sometimes it's beautiful beauty, in Pali also means shining. And the radiant niceness shining or clarity, alternative and then as I said this morning as well that's the what's interesting about the word beautiful or beauty is that it's such a such a subjective experience. And so to experience beauty in this world, to walk in beauty, to be connected to beauty requires something inside to be subjectively to tune into it, or to be attuned to it to be in harmony with to recognize it. And how do we make ourselves receptive or Perce perceptive to something about ourselves something about the mind the heart, something about the world around us where we feel or sense what's beautiful about it, the beauty in it. And it is the path of practice path of finding that beauty. finding something that is beautiful, something that we can't really say it's on the inside or only outside

because inside and outside are kind of when it comes to beautiful whereas there's no inside and outside experience of the subjective experience of beautiful experiences Beautiful, isn't so much like, it isn't so much that I'm subjectively subjectively aware of that thing out there. That's beautiful. Or subjectively what's good qualities I have inside are beautiful. But there's something about the subjectivity That's beautiful. The quality of subjectivity is quality of attention or awareness or receptivity or presence that has something beautiful in it. If there's an absence of conceit, if there's an absence of things that are covered over hide it and so what is it that allows us to tap into this subjectivity? And I think that's kind of part of what will come through practice. But the am but it also I think, helps if we I think it helps if we

see As part of the practice, we see it as part of what we're doing is tuning into this part of ourselves or part of the world as part of this subjective aspect of being. In this ancient who those of us who read these ancient texts, the English translation, they keep using the word good to translate what I'm translating as beautiful, or which a dictionary per week is beautiful as the first the meaning of it. And that's such a different feeling. You know, if you say, you know, to be skilled in meditation is to be skilled in good meditation. That's just a setup for people to suffer and strive and I'm not good enough. I'm supposed to be good at meditation I'm supposed to be but that must be enough to get concentrated or calm or attain something or acquire something as opposed to be great meditator. Good meditation, skill that good meditation Watch out. But if the task is to become skilled at what's beautiful, the beautiful aspect of meditation, it kind of it's hard to be kind of like OSPF good at it now, you know, because that just kind of that just very effort kind of obscures the beauty or beauty, the beautiful, I think, I think, at least in my mind, is associated with something that is not part of what we will, what we acquire what we possess. It's not part of what defines us. We can't use it to define ourselves, that's just more conceit. So I don't know, it's probably a better term, but you know, it's kind of a beauty. What's beautiful with it is transpersonal. It's not of the self even though some objective. So to walk in beauty, to live in beauty, to be connected to beauty to what's beautiful. And something you know, there's lots of other words that can be used for this. The ancient texts again, they talked about walking in peace. And maybe the peace and the beauty are the same thing. But maybe there's a different subjective and a different kind of association or feeling around beauty than it is for peace.

One of the things I find valuable about this concept of beautiful is that it's actually always here yesterday I had a little bit challenging day and a minor I thought the end of the day I said that was like my job experience was like you know a lot of small things but wow, it just goes on and on and on. could be said it was you know, easily say with a frustrating one frustration after the other. And, but I kept kind of where's the beauty here? What's beautiful? Let's stay close to what's beautiful here in the middle of it. And that kind of itself, like, what was the beauty the beautiful was kind of like what you had what I had faith in. My face was challenged. Let's stay close to the most beautiful and that mostly worked

So if what I'm talking about doesn't really make sense to you to do you have no reference point for it, then don't worry about it too much, but I hope someday it will. that someday you'll discover something within without both in and out, knowing and out. That's beautiful. And that's some place you can live a tune into, in harmony with out of within. May beauty be with you. Thank you