

2019-08-21 Dharmette Dont Pick It Up And Dont Reject It

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SPEAKERS

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So, every group, every person, society which Buddhism comes into, is going to ask the question, you know, or do the exercise of figuring out how to apply Buddhist practice and teachings for their particular suffering. And different people and groups and societies suffer in different ways. So becomes a little different, you know, different cultures. And here in the United States You know, there's a unique culture here that's very different from ancient India. And one of the formulations of Buddhism where applications of it or transformations of it is, is, it's taken here is with a particular practice or particular Attitude for what represents practice for Buddhists, or some Buddhists, and that is the practice of acceptance. There's a lot of people who, for whom somehow, the idea of learning how to be accepting have exists and accepting awareness is very important for a lot of people here in the United States. And somehow it releases relieves some kind of maybe a lack of acceptance, some kind of sometimes a lot of self judgment, a lot of self criticism, a lot of reactivity that said that, that is so beneficial that for some people, it's kind of like life changing, to learn to practice kind of accepting awareness. But if you go back to the ancient teachings of the Buddha, you don't find this emphasis on acceptance. And it's you know, it's thanks cyclist, same way, it's a little hard to find it then. And then, you know, if you think about that, then you also, especially as a teacher, talking to many people, that this teaching and acceptance can only lead to a little bit off people a little bit off center a little bit. Sometimes acceptance becomes can complacency or comes, something shouldn't be accepted. And so it becomes kind of just kind of an aloofness or kind of like, you know, not really using our intelligence to evaluate things properly. You just have to accept everything just kind of go along with it. And that's not really sometimes that's, you know, it can be gone. goes too far in the direction of going along with things we shouldn't go along with because we think we're supposed to practice acceptance. So, it's maybe interesting to kind of see what was it that the Buddha was teaching that was comparable to this idea of acceptance. And one of the things we find in some of the early texts that is, is the idea of don't pick anything up and don't reject anything. And that's maybe overlaps quite a bit with the idea of acceptance for some people. So maybe this maybe some of you see, maybe it's the same. But as we have to use meditation as the reference point for first and foremost, to kind of find our way with this, as things occur in meditation, don't pick anything up. Don't pick it up, but also don't reject it. So thoughts arise and maybe you know, you You didn't will that thought to occurred. It wasn't like you plan ahead and said, you know, it's 1135 Wednesday morning, you know, That's, that'll be a great time for that thought. And I'll just, you know, put it in the queue. So it shows up, you know, and I'll make sure to kind of, you know, go in there and pull it up and start thinking those thoughts that thought arose. And then some people some of you probably lemon 35 today whatever your thought was, picked it up, got in got involved. And some of you may be rejected it and felt bad about it, pushed it away and you know, wanted to dismiss it and kind of jerk your mind back to the breath, because that was you shouldn't be doing that. But what about it,

neither picking it up, nor rejecting it. What's the advantages of that? What's the benefit of that? What happens to your thinking, if you neither get involved in it nor Well,

are the you know, involved by picking it up, or there's a kind of involvement with it. If we reject rejected, you're not picking it up, but you are entangled with it. If you think it's wrong and bad, you should get rid of it and stop doing it. And is there this third alternative is the possibility of doing something that is neither picking up nor rejecting, not getting involved in it or entangled with it, but also not pushing it away. You're condemning it. What does that look like in the mind? What does that look like in the heart? What is it so maybe you can imagine that with thoughts, but what about it, it's with everything. That the mind neither picks it up, nor rejects it. So that's the language the Buddha used. Sit in practice and don't, don't pick up Don't reject. The advantage of having that negative framework don't pick up and don't reject is that it's mostly what we don't do. When you use the word acceptance, then it sounds like you're supposed to do the acceptance. Okay, I got a muster up if any of you have to except to kind of steal myself for what's coming, or I have to do you know, do this thing. And then we debate ourselves you know, why should I do this thing and here we are with American Buddhism again or whatever, like the your debates and but if you have this, you know what you don't do? I don't do this. I don't do that. Then you're left with what is and what's it like to be left with what is if you're neither picking it up or pushing it away? what's what's it like to be alive? What's it like? To be with yourself your feelings your thoughts your life the situation you're in what's it like to be in traffic Bay Area traffic which you know can be interesting and neither picking anything up north rejecting What is that like what are you left with? Is the suffering of Bayer a traffic that you have arise because you've already picked something up you've already put you know projecting something but what if you knew their pickup number reject what happens to what what's left even sitting still at the toll plaza there we are so you know anyways it's the for the Buddha The task and practice is to come to this place we mind doesn't pick up and doesn't reject. And what are we left with? And is there freedom to be found in what we're left with? Is there is freedom the alternative to those two? And finally, what I like to say that when we either pick up nor reject the heart, the mind still functions. It's not a static it's not like we're left with nothing. We're left with a heart and a mind that still responds, still has thoughts, still has feelings still has impulses and desires or motivations. And maybe if you're not involved in picking up and rejecting And that's not part of the thought patterns are part of the desires that arise. Maybe what arises is wisdom. Maybe what has a chance to appear is wisdom and compassion is a whole different way of living your life that can arise when it's not being fueled by the wanting that is involved with picking things up. And the rejecting that is characterized by wisdom and compassion. So part of Buddhist practice is to trust that it's okay not to pick anything up and it's okay not to reject anything.

And that's a pretty tall order to trust that, but that's kind of that that no so anyway, so that's the Buddhist alternative to practicing acceptance. So, thank you and