

2019-08-28 Watching

Mon, 8/10 11:47PM • 5:05

SUMMARY KEYWORDS

experience, observe, watching, mind, interfering, practice, sitting, meditation, quiet, touches, language, park benches, peaceful, doorknob, suits, prefix, reaches, unfazed, cane, settle

SPEAKERS

Gil Fronsdal

The Buddhist word for what we're doing and practicing mindfulness is the *vipassana*. And the *V* is a prefix that kind of used for emphasis here. And *vipassana* means to see. So to see with emphasis, or some people call it clear seeing and but what we're doing here is understood very much with the language of observation or watching or seeing. And sometimes that kind of language leaves people a little bit to separate from their experience kind of removed. But it's also goes together with the language of feeling or sensing and some so that the balance between how much we feel and live in the experience and how much we watch it observe it is part of the art of practice. But they do have observing our experience, there's a few things that come along with that. One is the idea that we're not interfering with our experience. We're not trying to fix it or change it or make it better. We're just kind of like settling back kind of like in an easy chair of the mind, and just have the ability to see what comes and goes and see what's there and, and just let the experience come into sight into this perception into awareness, rather than reaching out for it. And so it's a little bit more like watching than it is like looking. If looking is more active than watching we're not actively looking. We're just kind of sitting back and watching like, you know, the world go by and you know, you're in a park. wonderful for me wonderful kind of model for practice when I was young was growing up in Italy was the old Italian men in their kind of suits, black suits and canes sitting on park benches and had the cane between their legs and their two hands sitting on top of the cane and they just be there like, you know, for my little kids point of view, completely peaceful economists, unfazed by what was there but you know, just watching things go by and be there. I kind of had this aspiration to grew up to be that and, and so just kind of just not interfering, just watching and being receptive, in a sense, settle back and watch. And but part of also association with this observation is when the mind is not interfering or reacting to what's there. It's also meant to support the mind think it's still and quiet. So it's kind of like watching, observing, being aware from history. Place from A calm place. And so, as you go about your practice this morning, you might see if there's some kind of way that you can feel your way sense your way. Experiment with being present for experience where they're walking, meditation, sitting meditation, going to the bathroom, meditation, tea, meditation, whatever you're doing. See if you can have some kind of satisfying stillness in the mind or calmness of the mind, that you're kind of just there kind of observing things, allowing things to come into the minds ability to watch, but that watching is from a stale place, A calm place, a, maybe even a peaceful place. And, and this idea of having a still place from which to observe is something that the Buddha emphasized a fair amount so you might see if you have anything like that, and it might be more available to you then you realize not necessarily something you have to manufacture. Maybe it's partly to recognize it's already there. We often identify with a thinking mind that concerns and all that and then if you know it, you know what to do don't see that actually there is in fact, a place inside that little bit quiet calm still, that has the capacity choose to watch just to observe what's happening. So steps as we do the walking meditation, experience of breathing as we breathe, the watching the experience of teacup and key touching the lips and going into the mouth. So whatever it might be, and reaches up

and touches the doorknob to open the door, that it's you know, rather than being caught up in activity, it will get kind of step back and just watching from a peaceful place a quiet place may still quiet place sit within allow you to see more clearly. Thank you