

2019-12-18 Practice Note Simplicity

Mon, 8/10 11:51PM • 3:22

SUMMARY KEYWORDS

simplicity, experience, judgments, glass, mindfulness, simple, safer driver, complicated, simplest possible way, complication, happening, obscures, meditation, accomplishing, important, veils, practice, hope, windshield, lips

SPEAKERS

Gil Fronsdal

One of the hallmarks of mindfulness practice is simplicity. If it's not simple, it's not mindfulness. And so to always kind of be looking and seeing how we complicate being mindful, unnecessarily complicated by trying to do too much, trying to even accomplishing something, if it's to have an active activity of the mind gets in the way of the simplicity of just being with what is there's also this simplicity of, of just being with what is without the commentary and the judgments about what is just this is what's happening. It's like this. And and, of course, you're welcome to some of your opinions about your experience. But it doesn't have much purpose for the purpose of mindfulness. It's, it's not like it's wrong to have it. In judgments and thoughts necessarily, but it's a it's a lost opportunity to tap into something much more valuable, much more important in that only arises in the simplicity of your experience in a way that judgments and commentary about your experience obscures. And it's like putting veils on top of your experience, as opposed to removing veils and just being with the simplicity of experience itself. And this quest for this simple, simplest possible way of being with our experience, just with this step as you as you walk just with this breath as you breathe in meditation, just with this doorknob, as you open the door, just with this glass as you bring it up to your lips to drink water or tea or something. And to allow things to fall away, that have to do about the past the future and have to do with more complicated broader things that are happening, just so you can just really be simple. And, and there's a tremendous purity, cleanliness, that comes with being simple this way. But more important. Simplicity is a vehicle to see clearly. If the glass on your windshield is dirty, it's not simple. But if it's been clean, it's simple, simple glass, clean glass, and then you can see the road in front of you, and you're much safer driver. So, you might as you practice today, see if you could experiment explore what simplicity is for you. How simple you can be with the experience, just this the simplicity of just this. And if all you do is if you're not able to do that, but all you're able to do is to notice how you're complicated all That's a good practice to see that. Wow, look at that. You'd be simple with your complications. Look at that. That's a complication. And then smile, if you can. So I hope you enjoy your morning