

Practice Notes: Trusting Here

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These are a few words about the practice. An analogy that helps us understand this practice better is that of jumping. If you want to jump, leap someplace, jump from standing still, that usually a person would crouch first. You want to first go in the opposite direction in a sense, and then you're ready to do your leap up into the air.

So with meditation we do something similar. The idea is to be able to live in our life fully. It's not supposed to be avoidance of life, but in order to do that sometimes we have to do something that really settles us first, so that when we're in life we can bring all of ourselves in a good way.

And so something very simple is when you're walking or standing, trust your feet. Really feel your feet on the ground and trust, that's where the trust is, is trust being right here. When you're sitting, trust your seat, the chair, the cushion you're sitting on. Trust that contact, trust it. Trust being here settled on yourself, even if you're not settled. Trust that that's where it's possible to go.

You might not believe you can jump, but you have to trust that if you crouch you're going to be able to have a better trajectory of jumping than if you're always standing on your tippy toes. Many of us are doing the equivalent of standing on our tippy toes in our minds, where we're just spinning with our thoughts, our concerns, our worries, our challenges we have in our life. And I don't want to diminish the importance, the strength of those, or how big they can be for us. But that's not necessarily the place where we want to put our trust.

To trust instead being here, really here, in this experience here, for a few minutes in our life, coming on retreat, coming into meditation, trust the sitting here, trust the contact you have, trust your breathing, trust being here. As a preparation for later, with that kind of more embodied connection to here, you'll be able to then meet the challenges of your life much better than you can if you're standing on the equivalent of on your tippy toes.

So this morning, if this seems interesting to you, what I'm saying, you might see about when you do walking meditation, what it means to just trust the contact of your feet against the floor or the ground. When you sit, just really trust trusting this place that you're sitting. Classically in Buddhism, there's a strong emphasis on having a phenomenal trust in the place you're sitting. So of course, there might be challenges more broadly around you, but to discover how to really trust this little square footage of the earth that I'm sitting on, what does that mean? What is to be really here?

So you can experiment if you'd like. And I hope you enjoy the morning here. Thank you.