

Practice Note: Practicing with Gladness

Transcribed and edited from a short talk by Meg Gawler on November 29, 2017

This morning I'd like to suggest the idea of practicing with gladness. We all came here today with some motivation. To me, that means that each of us has some modicum of confidence in this path we're walking on. If we've been practicing for a long time, we might have a lot of confidence. If we're just starting out, it may be just a tiny little seed that, "Maybe this is worth doing."

A path of practice that involves letting go of greed, hate, and delusion – we say 'Yes' to that. We say, "That's valuable for me." The Buddha teaches that from this confidence in our path of practice naturally arises gladness, or even sometimes delight. It's one of conditions that are instrumental in helping us along the road to complete liberation. So it's very much worth exploring, and I'd like to suggest that we do this today.

So, as you're walking, look for any confidence you might have in simply being with the experience of walking. And the simplicity of that. Maybe there's a little seed of gladness in being able to do this practice.

The reason that I suggest that you practice with this today is that it is transformative. It's one of these conditions on the path to liberation: the gladness which arises from confidence, and which gives rise to joy. It's another beautiful mind-state for which we're putting in place the conditions for that to arise. So if you have any gladness at all in your practice today, don't let it slip by un-noticed.

Thank you.