

2019-09-14 Being Practiced By The Breath

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SPEAKERS

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The issue of attitude is pretty central to meditation. And clarifying, purifying, rectifying our attitudes is actually part of what happens over the years of meditation. And I'd like to offer you an attitude for this last sitting. And it may or may not make sense for you. One of the people don't think this way necessarily, but one of the ordinary attitudes about meditation is that I am I meditating. What are you doing? I'm meditating. I'm the one who's doing them. Meditation. So breath meditation, I'm the one who's meditating on the breath. I'm doing breath meditation. But for this last sitting, you might see if you can turn that around and the meditation is doing you see if you can change your frame of reference, that somehow you're going to allow the breathing, to meditate you. The breathing, you're going to be receptive to the experience. You're not so much the Dewar, you're the receiver. You're the one who's being done to. So for that to happen, you have to be willing to be changed by the experience of the breathing. So willingness to change, and you're being practiced, you're not doing the practice allows yourself to be practiced by the breathing. Allow yourself to be open and available to how the rhythm of breathing the experience of breathing, moves through you affects you is with you. And you probably fall off that attitude you go off in thought, old habits of how to practice will come back. When you notice it that just see like you normally would do maybe let go, start new. But start over again with the idea that you're there to be done to. I don't know if it's the best example but maybe it's a little bit like receiving a massage. You're being done to someone's needing you massage and you you're just there kind of receiving it. And some people receiving a massage. Kind of specialize in receiving and taking it sounds like it's works better if you're there with it and receive it and take it and allow the muscles to do the work. Your inner life you're to practice you allow their breathing to practice you keep keep showing up for that, almost like you're getting an inner massage or something and see how that's different than than maybe how you normally practice and see what different effect it has for you as we sit here for the next 20 minutes or so.

Letting go of your thoughts, letting go of what you're trying to do except for going along for the ride, going along for the ride, that your breathing will provide

us your ability to be present to be present for the impact breathing can have on you if you breathe
Receiving the experience

So sometimes in meditation we are we apply ourselves to the meditation and sometimes we're the play. We allow the meditation to apply itself to us or say it differently. Sometimes we're the ones who do the meditation. But if you do it enough and develop enough stability of mind, so you can be in the present moment, that's a lot of what we're trying to do is come back, apply ourselves. So at some point, the mind gets tamed or calms down. So we started really staying more and more easily in the present,

we're less and less and less inclined to wander off. At some point, it just becomes easy to stay present relatively easy. At that point, meditation can change. And rather than being we're the ones who apply, it's more like, let's get out of the way. Let's receive this let's have the meditation do us. Let's be meditated, rather than do the meditation. As the practice deepens further, at some point, any distinction between the meditator meditating and being meditated applying yourself or being ready exceptive to something falls away as well. And, and we just there with the experience, and there's no kind of sense of, you know, directionality in terms of the practice, we're just there and, and you might say the practice is doing you. But that doesn't make sense either. It's just we're just there. And so there's all these phases we go through. And, and so I didn't know, at the end of the day, whether you had enough stability to do what I was suggesting, but I wanted to least leave you with that. The idea that the relationship we have with breathe, breath, meditation changes over time. And so if you have certain attitude or idea or opinion about you know, breath meditation, it might be based on how it is for you at this phase of your practice. And as your practice change As a different view will occur. And ideally, in the long term, you become very flexible and, and you're able to just kind of flexibly kind of just work with a breath, work, the meditation, and the way that's appropriate for any given time. Without an idea that a fixed idea, this is how it is. So I hope that it's been nice for you, I very much appreciate people coming to these day longs, and especially those of you who came all day, I put a tremendous value in the benefit of practicing all day and, and this is a place when you practice all day like this. Whether you know it or not, you are being practiced. You're being kind of affected by the, by the whole experience, maybe even in spite of yourself. And anyway, it's a it's a wonderful thing that you've done, and I'm happy that you've been here to do it. If you want to have more of this experience next Saturday, man Status leaving leading one of these might be called the day long intensive, which was from six in the morning to nine in the evening. You can come for any part of the day but there is the option to do the whole day as well and have the experience of doing the whole thing. You know. It's the custom here at IMC that the people who care for the center are the people who the people who practice here are the people who care for it. There's no like staff here, so them at IMC like oh, they'll take care of it. It's just all we so we'll take care of it. And so how that plays out in the day long like this, we see if we see if there's seven or so people who would like to stay for about 10 minutes or so after the end now, to help with a basic cleanup we have to do we clean the four bathrooms we clean the kitchen, vacuum the floor here. Maybe sweep the outer Hall check the kitchen Are there seven or eight volunteers who can stay? So 12345678 great. And Jeff is a manager. So if you want to check in with him and what you're doing so that you're not all trying to clean the same bathroom, that's probably good. And so thank you for coming. And I hope that whatever benefit that has come from this day, that known or unknown, that you intend to share it with the people you encounter, may the people you encounter feel your respect for them, your care for them and your well wishing for them. Thank you.