

14sep22a – Love of Silence

This Morning's Lesson:

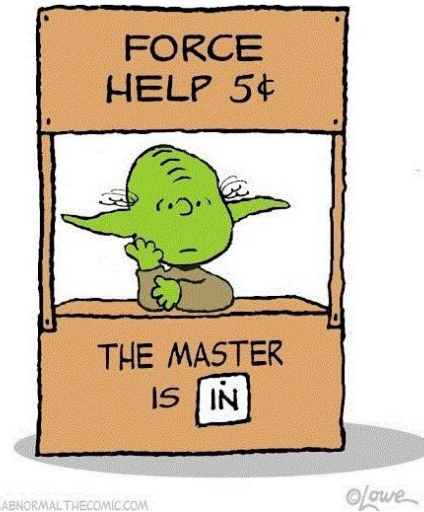


Love of Silence

with: Q&A, chanting, & meditation

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Wednesday morning we could explore the “**Love of Silence**” that you too could meditate like a Jedi.



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*R., on Reddit, posted
Need Help;
silence is the ONLY thing I find comfort in*

*I do not know where I have come
in my internal journey
and where I am going.*

*What questions
should I be asking myself
to move forward.*

-fin

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Love of Silence

The merciless sun
beat down upon
the solitary retreat center.

To the teacher's delight
an anemic breeze drifted in
through the cinderblock window.

It played lackadaisically
upon the loose blade
of a defunct fan.

And as the fan,
that had clearly seen better days,
began to turn in the feeble breeze,

its rusted shaft
turned noisily upon its workings.

The American students,
as if in baroque counter point,
began to complain, and whine, and kvetch
(for truly that is the song of my people).

“That noise,”
they lamented,
“is ruining our meditation!”

What were they expecting,
for their teacher to beg, and scrape,
and grovel apologizes
like a minor Dickensian character?

How surprised
(and not a little disappointed)
were they

when Bhante
had a good laugh at their expense?

“Why does a wine glass shatter when dropped upon a surface: firm, and hard and unyielding?”
He asked.

“Because the glass is rigid, and brittle,
and liable to cut your hand
as you stoop to pick up its shards.”

Drop a pillow on the same hardwood floor
and it is fine.

Why?

Because it is flexible.

YOUR meditation
is just concentration
in disguise

and it paves the path of: rigidity, anxiety,
controlling tendencies, elitism,
competitiveness, and cruelty.

Replace your rigid concentration
with the mindfulness
that delights in noticing:

vulnerably, viscerally,
passively, and spontaneously.

Offer no resistance
as the rusted screech of the fan shaft
cuts through your sense organs, and mind.

Breath deep into your perceptions:
problematic, and uncomfortable.

For as you exhale
your body will relax,
your mind will release,
and you . will taste . of peace.



Yang's Attributes

Rigid,
Fearful,
Controlling,
Elitist, and
Competitive

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Yin's Attributes

Flexible,
Loving,
Laid-back,
Egalitarian, and
Cooperative

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<i>Notice form/ relaxing!</i>	<i>Notice mind/ relaxing!</i>	<i>Notice me/ relaxing!</i>
<i>What action?/ Relaxing!</i>	<i>What actor?/ Relaxing!</i>	<i>This actee/ relaxing!</i>
<i><u>What</u> perceive?/ Relaxing!</i>	<i><u>How</u> perceive?/ Relaxing!</i>	<i><u>Who</u> perceives?/ Relaxing!</i>

Observant inhalation: **This...** (*Notice this...*)

Releasing exhalation: **yes!** (*relaxing!*)

*Count sixteen **rounds** upon the LEFT little, ring, middle, & index fingers' lower, middle, & higher creases and tips.*

*Count sixteen **sets** upon RIGHT little, ring, middle, index, & little finger's lower, middle, & higher sets of creases & tip.*

The Eight Worldly Concerns

	HATE	CRAVE
CIRCUMSTANCE	scarcity	abundance
BODY	pain	pleasure
COMMUNICATION	scorn	praise
MIND	obscurity	fame

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The Four Noble Truths:

1 – Stress

- a) the HATE of enduring what seems harmful
- b) the CRAVING of longing for what seems necessary
- c) the CLINGING of anticipating the loss of what seems necessary

2 – Exacerbation

Devadatta's domineering duality of dread and desire – resistance (yang, patriarchy)
the Buddha's flexible flow of love and letting-go – acquiescence (yin, matriarchy)

3 – Liberation from the tyranny of resistance

- a) not from believing in a real or imagined celestial entity,
- b) not from worshiping a real or imagined celestial entity, and
- c) not from supplicating a real or imagined celestial entity

4 – Mastering the Eight-fold Path

to the point of practicing it spontaneously, habitually, easily, and effectively

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Skillful Means:

Scatteredness + Mindfulness = Centeredness

Controlling tendencies + Meditation = Spontaneity

Centeredness + Spontaneity = Skillful means or Simplicity

For, when our decisions, utterances, and deeds
FLOW from centered spontaneity
any harm we do is minimized
and any good we do is maximized.

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Eight fold path:

VIEW or contemplation

- 1 – Liberating view (*supporting letting-go*)
- 2 – Liberating intention (*compassionate and loving*)

compassionate ACTION

- 3 – Liberating communication (*which is rather kind*)
- 4 – Liberating conduct (*which is rather kind*)
- 5 – Liberating commerce (*which is rather kind*)

MEDITATION as described by the seven enlightenment factors

- 6 – Liberating enthusiasm (*that is rather joyful*) 4 & 3
- 7 – Liberating mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
- 8 – Liberating meditation (*constituting physical relaxation, psychic release*) 5

The Seven Enlightenment Factors:

1 mindfulness,

2 curiosity,

3 energy,

4 joy,

5 tranquility,

6 coalescence,

7 balance

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Whatever comes
let it come

whatever stays
let it stay

whatever goes
let it go

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Awareness and Letting-go:

Observant inhalation: *Notice **this**...*

Relaxing exhalation: ***relaxing!***

NOTICE: vulnerably, passively, viscerally, and randomly

Whether that which we notice is: sensation,

flavor

scent

sound

sight

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Whether that which we notice is: emotion,
intention
thought
memory
imagination

Whether that which we notice is: External or Internal,
Physical or Mental
Pleasurable or Painful
Interesting or Boring
Glorious or Grotesque

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Awareness and Letting-go:

Observant inhalation: *Notice this...*

Relaxing exhalation: ***relaxing!***

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Let us NOT ignore the AT AT in the room

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What are we to DO
with that which we notice?

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Are we to shove at that which we perceive
like Yoda force pushing Darth Sidious
in “Revenge of the Sith?”

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Are we to greedily, hungrily, and desperately
reach for that which we perceive

like Smeagol chasing after his precious
only to plummet into the bowels of Mount Doom
in “Return of the King?”

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Are we to obsessively analyze and label
that which we perceive

like poor, mad Renfield
forever organizing and then RE-organizing his bugs
in “Dracula?”

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