

Practice Note: This Too

Transcribed and edited from a short talk by Gil Fronsdal on February 4, 2015

Sometimes, there are little phrases used in our practice that can point to some particular aspect of how to be mindful of what's going on. Today, I would like to offer you the phrase, "This too." This too has to be included.

Often, when we are sitting, we can be so absorbed in something that we don't really notice the bigger picture of what's going on. We could be focusing on one thing, and trying to avoid something else. We could be fighting or resisting something. There are all kinds of things we can do that make our attention partial or preferential, by cutting something else out.

Part of the freedom that comes with mindfulness is when the awareness is able to hold everything in it. So "this too" has to be included.

As you practice today, what is it that you have to include in order to be more at peace? What is it that you have to be aware of, so that you are not fighting, not resisting, or not accepting what's happening here in the present moment? "This too" I have to be present for. What do I have to open my attention to, as part of the practice –

as opposed to keeping something at bay, at a distance?

Here at IMC we have a lot of train sounds and traffic sounds. It could be that sounds like that are not familiar to you. It may seem like a lot of noise. You could sit here and complain, saying, “What did these people do, getting a meditation center right next to a busy intersection and train tracks? They should have known better.” That’s one way to go. Another way to go is, “This too has to be included. The sounds of the traffic have to be included.” This too. Can you find your peace in this phrase, “This too”?

I hope you enjoy this too. Thank you.