

Practice Note: Be Relaxed

Transcribed and edited from a short talk by Gil Fronsdal on July 21, 2010

It's my custom to give a little bit of instruction at this point in the day to help you with the practice: the next walk and the next sit. I have something today to say that's going to be very simple – maybe too simple.

The primary function of mindfulness is to help you notice what's happening in the present moment. There are three general things that might happen in the present moment. Only three things are possible: something that is pleasant; something that's unpleasant for you; or something that is neither pleasant or unpleasant. These are the only three options possible, so it makes it easy.

The simple instruction today is if something happens that's unpleasant, be relaxed about it. If something happens that's pleasant, be relaxed about it. And if something happens that's neither pleasant or unpleasant, be relaxed about it, and keep practicing. That's it. Notice what's happening, and be relaxed.

Being relaxed doesn't mean continue to indulge or be preoccupied or caught up in what's happening.

Remember the first thing is to notice. And the noticing is to notice clearly enough that part of you at least steps away from being entangled with whatever is going on. And then when you're not entangled, be relaxed with how it is.

I hope it's a relaxing morning.