

Introduction to Mindfulness Part 2

With Gil Fronsdal

Newcastle
INSIGHT
MEDITATION

TALK 6

Five Faculties: Courageous Effort

TALK

MEDITATION

07

Indriya: Faculty is a weak translation of a 'god-like capacity for inner strength and power and doing Buddhist practice strongly.'

Viriya: Effort is a weak translation of 'heroic courage to not give in to the five hindrance's.

What is viriya (courageous effort)?

- a parallel to the hindrance of ill-will
- ill-will has energy and power
- it takes the same kind of energy and power to not give in to ill-will in a way that causes harm
- we can take the sense of alive energy of anger, let go of the hostility and then use it for effort

(Energy of anger – hostility) = power

Faith = "This is what I want to do."

Effort = "This is what I AM GOING to do."

Sometimes in meditation we need heroic effort because the distractions are so strong it's like 'sitting in the fire' and it takes a lot of effort to stay with it.

Sometimes we generate a lot of peace in meditation and it requires a lot of heroic effort to keep that sense of peace when all the people around us were insisting that we join them in their anger and greed.

The courage to NOT be tense

- to engage peacefully
- non-harming but show up with embodied energy
- to take our place

Taking our place

On the night of his enlightenment Buddha 'took his place' and did not move from it. He refused to give in to the forces of greed, hatred, and delusion that assailed him. He stayed upright, still, courageous, unwilling to give in to them, unwilling to collapse, unwilling to run away. He sat there, really present, here and now.

DISCUSSION QUESTIONS

1. How do others react when you do not join in their anger, in condemning others, in gossiping, in greed?
2. How can we showing up in a non-harming but embodied way in stressful situations?

If you're going to do it, do it with some commitment, strength, and courage.



FURTHER RESOURCES

VIRIYA: JILL SHEPHERD