

# Introduction to Mindfulness Part 2

With Gil Fronsdal

Newcastle  
INSIGHT  
MEDITATION

## TALK 16 Non-clinging Calm

TALK

MEDITATION

# 16

The opposite of clinging is non-clinging, the absence of accumulated clinging.

### Noticing the absence of clinging

We want to appreciate the absence of clinging and make room for more of it. Recognizing the value, the goodness, and the healthiness of non-clinging supports the heart, the mind, the body, and our whole system to become more oriented to the world of non-clinging. We are not taught to pay attention to the non-clinging heart.

Sometimes there's more clinging, sometimes less, but clinging and non-clinging can coexist.

### Exercise:

- recognize something obvious that you're currently not clinging to. Be aware of it without building up a sense of judgement or selfing around it
- get the sense of the absence of tension related to the object
- look for hints of calm, tranquility ease
- notice how the calm can lead to more calm

### Monkey mind

The movement of grasping can be very continuous, like a monkey reaching for the next branch. Sometimes we want, without even wanting any particular thing.

### Calm of non-clinging

- Notice the tranquility of non-clinging. Appreciating it is one way of recognizing it.
- Notice the degree of non-clinging that is present for you when you have some degree of tranquility and calm.
- Look for calmness during the day.
- Hold your calm lightly, hold your attention lightly, and begin to appreciate the degree to which you're no longer grasping

### DISCUSSION QUESTIONS

Do you have any examples from the week of moments of non-clinging. Where you able to notice some calm? Did the calm lead to more calm?

Appreciate what the field of non-clinging feels like – the body, mind, and heart that doesn't cling.



### FURTHER RESOURCES

#### DOORS TO THE DEATHLESS: JAYA RUGARD

The door of non-clinging is always open. Readings from verses on the Faith Mind and Tilopa's "Song Of The Maharudra"