

Introduction to Mindfulness Part 2

With Gil Fronsdal



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"