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Metta Mail from Nicole Taras

2 messages

KEVIN FREIDBERG <kevinfreidberg@gmail.com>
To: mettamail@commongroundmeditation.org

Mon, Dec 3, 2012 at 12:42 PM

I had a deep insight a few weeks ago and have been trying to get back to that insight ever since – unsuccessfully, of course — but I thought that since I have now intellectualized and analyzed about it a lot I could at least try to intellectually share it with you guys. :-)

It happened while I was watching a video talk by Krishnamurti. Krishnamurti is fun to listen to for me because he always, only, talks about “reality” on the very deepest level which cannot be talked about or understood intellectually so he is constantly frustrated by students trying to understand what he is saying intellectually. It’s incredibly hard to listen without trying to understand...it really seems impossible or like some kind of paradoxical joke. In any case, during part of his lecture, Krishnamurti became very frustrated about this and said sternly, “Just listen. Don’t try to listen. Don’t try to understand. Just simply listen to what I am saying...” (that may not be a direct quote but that’s how I remember it)

He went on talking and I decided to listen without focusing on the concepts or trying to gain any sort of knowledge, or get anywhere further on my spiritual path by having listened.

For probably less than a second, I just listened. It felt as if some sort of filtering or resistance system that I live in constantly had turned off and for that millisecond life was allowed to just be without me slowing it down or counting it out in terms of a process of time before acknowledging it, organizing, categorizing, making concepts, understandings, perceptions, judgments — I saw that my normal processes of perceiving myself and the world around me acts as a filtering system which slows life down and breaks it into categories or measurements of time that I can then count and comprehend... It dims the brightness of all light and visual perceptions by putting these raw perceptions through a sort of mesh or screen so that I can identify them and know them as opposed to me... I saw that my normal mode of existence or experiencing life is like driving with the breaks on for fear of things getting out of control or losing myself. It was like my perception time delay had been (very temporarily turned off).

Well, that last paragraph is actually me just trying to say the same thing in different ways so that maybe one of the statements would make sense. Obviously, what I described is the negative description of the experience because I only know how to talk about what it was not – when I try to write about what it actually was it falls terribly short. The best way I can describe what listening was like is that it seemed like a flood of openness...but even a flood is too small...it was just being open and with no idea in the world of a closed comparison.

The funny thing is that I have no idea what Krishnamurti said while I was having this experience of listening. While I have been unable to re-experience this openness the question I am stuck with is – how would it even be possible to actually go about living in this state of mind (if that’s what you’d call it)? In hindsight, I’m left with the concept of just how vulnerable it is to not have the filters on.

Krishnamurti says that once you have seen things as they really are there is no going back to the old way of being — I definitely am not there yet — he does not believe in a gradual awakening because that implies time and a goal, somewhere to get to — but my path is gradual. It did help me see my mind with more perspective and with a deeper trust in my true nature.

Well, I hope that makes sense to somebody! :-) Thanks for reading.

Nicole

nicole108@earthlink.net

Mira Frank <mn_mira@yahoo.com> Thu, Jan 17, 2013 at 9:26 PM
Reply-To: Mira Frank <mn_mira@yahoo.com>
To: KEVIN FREIDBERG <kevinfreidberg@gmail.com>, "mettamail@commongroundmeditation.org"
<mettamail@commongroundmeditation.org>

Greetings metta friends,

I am catching up with previous e-mails.

Nicole,

I love the contradiction you point out-at least as it seems to me- about listening without working at listening. It reminds me of something Kamala Masters said during a retreat. Kamala said something like: "I could read to you out of the telephone book, it is not so much about the words." I took this to mean the "truth" is in the connection. The importance is not about the words which are used.

May all beings be happy,

Mira

From: KEVIN FREIDBERG <kevinfreidberg@gmail.com>
To: mettamail@commongroundmeditation.org
Sent: Monday, December 3, 2012 12:42 PM
Subject: [Metta Mail] Metta Mail from Nicole Taras

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