A Simple Mind

Andrea Fella · Notable Dhamma Teachers — Andrea Fella · 44:11

A quote from Sayadaw Uttasania: "Only when the mind is simple can wisdom develop. A complicated mind, one that thinks, plans, expects, blocks off wisdom. The mind must be simple in order to be present and in order to see things just as they are."

Sometimes there can be this simple mind—not so much that we can do it, for almost by its nature, doing might obscure that simplicity. There can be this simple mind.

And yet when it's not simple, can there be a sense of simplicity about that? Complication is happening. The meditating mind is simple. If it's complicated, it's an object. If there's complication, it's just an object. What a relief.

Expectations are one of those complications sometimes not seen. Delusion often has that quality, as we talked about last night, of masking itself. And expectations about the meditation can often be masked. If you find yourself thinking about the practice in this way—it should be some way—that phrase, "should be," is often a signpost of expectation. Should be something: more concentrated, more continuous, more interesting, more pleasant, more insight, fewer thoughts, more clarity. Whatever that is, if it's simply known as a thought or recognized as an expectation, simplicity can arise again.

Expectations are often related to some idea or view of how practice is supposed to be. And we have no idea, really, of how practice is supposed to be. Actually, what is arising, this moment's experience—this is how it is. This is what has come to be. This experience can be known, whatever it is.

Maybe experience feels ordinary. That can't be right. It's supposed to be somehow special when I'm meditating properly. But ordinary experience can be known.

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