

Sharon Salzberg Talk at the IIC (March 26th, 2008)

Notes from Sharon Salzberg's talk on Faith at the IIC, March 26th 2008

Bring bodies into balance, compassion and kindness

Meditation helps us remain connected, aware and energized

There is the "bright faith" of knowing oneself and confidence in awakening, faith in the practice

Two things drew her to Buddhism: The Buddha's unafraid, acknowledgement of suffering and the Buddha's invitation to do something about it...the capacity of the human heart and mind and that there are tools (inkling of faith)

The Buddha said don't believe anything I say. Put it into practice and discover it for yourself. This is a breathtaking view of human possibility. The sense of not being stuck. Meditation can be a pragmatic, personal transformation.

Steven Bachelor – The faith to doubt

Faith is not something you have or don't have. Self respect, wisdom and questioning

You begin with faith

Sense of boldness, dare to imagine that we can live in a different way

The process of faith

Bright faith – yes! Things can be different! It is like falling in love.

Bruce Springsteen on Bob Dylan – as if a giant boot came down and kicked open the door of my mind

Enter the dimension of seeing the possibilities. This is intoxicating and you are not asking the question

You don't want to be separate from the door of possibility

Close down and become afraid could turn bright faith into blind faith which is the smaller world

To protect yourself from falling into blind faith and transform it into verified faith you need to put it into practice

Understand the nature of possibilities and take risk

Verified faith involves skillful, correct questioning

Use the investigative power to deepen our faith

Abiding faith is not a dogmatic holding of a belief...you investigate so deeply that you embody the belief...what you see to be true...we simply are

Giving the Dalai Lama the nobel peace prize is like giving Mother Nature an art award. His Holiness is not self conscious or righteous but this did not just happen, he practices!

We wake up in the morning and start writing the story of me...Krishna Das

Deep embodiment of lived values that have been investigated and explored.

Metta, maitri and the capacity of the human heart to connect and care.

Robert Thurman...our lives are interdependent so be there for each other

The quality of faith to suspend disbelief, extended, nourished and enhanced.

Adventure of loving kindness, open beyond the bad and don't focus on that

Faith is not being stuck or limited

Bakti and nonduality – distinctions are not divisive...the path and the fruit of the path

Taking refuge in the Buddha there is transparency not the other, not the separate, acknowledging something within us...seed for infinite care and compassion...great enlarged view.

Buddha taught a way of life, not Buddhism...the transformative power of every day experiences, compassion and balance.

What arises is less important to how you relate to the experience. Do you grasp?

Reframing our sense of happiness and suffering...the importance of mindfulness

It is about appreciating the possibility of being mindful

Feeling a glass may sound crazy but you are connected and grounded for that moment

Everybody hears something different.

On Kirtan and meditating...Faith is an exploration...make an offering...Holistic picture of possibilities opening the heart in different ways

Not blind faith but faith in the goodness of humans