

Residing in Spaciousness

..... source unknown (adapted and modified by Amy Fox)

There was once a wise Zen teacher who was explaining the power of spaciousness to his students.

He took out a cup of water and a teaspoon of salt. He said, "This salt represents all the things that are toxic and negative."

The wise Zen teacher proceeded to pour the salt into the cup and then asked his student to drink it.

The student is immediately repulsed by the taste of the water.

The wise Zen teacher nods and says, "This small cup of water has been tainted and polluted by the salt. The cup is so small that it is easily filled by the things that are toxic and negative."

Picking up the cup, the wise teacher poured the small cup of water with the salt into a massive jug of water.

Once again, he asked the student to take a drink.

This time the student remarked that the water tastes just fine— they are surprised they cannot taste the salt at all.

The wise Zen teacher nods and says, "The massive jug of water is so spacious that it easily absorbs the negativity of the salt and the same is true for us. When we are limited in our mind and heart, we are consumed by the negative things. When we are spacious in our mind and heart, we stop sweating the small stuff. We move out of the small cup of our ego and into the spaciousness of the Self."

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS

"Between stimulus and response, there is space. In that space is our power to choose our response. In our response lies our growth and freedom."

–Viktor Frankl

Take a moment to notice your breath– to put space between what’s happening for you in this moment and your response.

Start to deepen your breath here. Create more space around your thoughts, more space for how you want to feel, more space to move your body in a way that best supports you.

DURING CLASS

After Telling the Story

The mind is a container and when the mind is small, when we are limited in our thinking, we are more easily consumed by the little things– we make the little things into big things.

Notice your breath. Where can you deepen your breath and expand your capacity to be where you are?

When we can expand the breath, we also expand the container of our mind. We are more able to navigate the tough things with ease.

CLOSING CLASS

When you’re spacious in your mind and heart, you stop sweating the small stuff. You move out of the small cup of your ego and into the spaciousness of your Self.

This week, where can you create more space in your mind and heart?

EXTRAS

One of the best ways to calm the fluctuations of our mind is through Anapanasati meditation.

The prefix *Ana* means “in breath” and the suffix *pana* means “out breath” and *Sati* is a Pali word that means “awareness without judgement”.

This style of meditation is a way of self-transformation through self-observation and by only focusing on the breath during meditation, we are guided to greater levels of self-awareness.