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SPEAKERS

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So, what I'd like to do this evening is to take you on a little journey. A mindfulness journey. Can you hear okay? No, these a lot louder. So can you hear it better now? Okay, now you're making here. How's it going? So how's it going now? You guys had means good. A little bit higher still higher still. So, because too high then how's that now? everybody happy. People up here in the front are not happy. Sorry. That goes, who's having Connect, go? Raise your hands. And I think maybe it might be a little location in the room you think, or you might be that if we lower the speed a little bit and I speak louder.

The old days the Buddha spoke to, you know, 2500 people, you know, they didn't have speaker systems speech training, stage training.

So, so how's it going now? It's all nothing.

I'm still here. So how's it going? Now? The reason I wasn't particularly concerned just because you wouldn't need to hear me for the journey. by just giving a talk you wouldn't have to understand so how's it going now? Hire off still sounds like it's off. It's on or off. What does it mean back there in the outer rim means perfect. Oh, it's great. And what about in here? Everybody's happy most people have to use not happy. Doctor Who has an echo now, same people. Everybody has an echo and then everybody has an echo now.

Well, if if what I had to say is very profound and you get it twice.

So is it kind of introduction to what I would like to do with you this evening? I want to say that there are, I don't know, maybe 80 people here in the room, let's say there's 80 of us here today. So there's 80, but there's really 81. And the person that is here you can see is, we could call immediacy, our immediate experience that which is the immediate, direct experience that we each can have. That's almost like another person is here. Each of us has our own we brought our own friend, since immediacy, because our experience of immediacy, experience immediate presence or immediate contact with life with reality is not something of the ego or of the self or that place, but sense of self, the idea of who we are that we often carry with us concept of self that we have. It's It's other than our usual concept of self. Here I am. It's something that just bigger, more immediate, more primal. So our sense of immediacy is the door for dumber practice to unfold. Our the practice of Dharma unfolds as we experience things in their immediacy. So if we're thinking about something that just happened, we're no longer in the flow of the immediacy of this what's happening right now. And the immediacy has a lot to do with our sensual world, or our sensory world world, the world of our senses, how we see and smell and taste and touch. And, you know, the whole you know, anything aware of thinking, the inner mind, immediacy of how the

senses perceive and experience what's going on now. And as we open to that world and experience it in and of itself, we open to more much greater dimensions of our being that we could ever conceive of we could ever think of. And we open up to the possibility of something really profound moving through us. And it can, you know, just because the dar minus sense or liberation or freedom or the pretty profound qualities of our being, they would like to just kind of flow. But they can't flow when the doors not open. And the open door is the immediacy of our experience here and now as it's happening. So it's you're not going to find the Dharma in my talk. In the words of my talk, those words they point to the immediacy of your experience, as you're having it. So you're listening to my voice, the Echo, listening, you know, the feeling of the room here. The light, to have a light comes to you in how you experience it, the shapes and the forms of the room. The stillness of the room the sensations of your body that you have right now. The thoughts you're having right now, whatever they are, what's he's saying? You know, the thoughts you're having the immediacy of those, if you can really be there and feel the immediacy feel, the directness, feel as it's happening. The Happening the live is living happening right now. That's the door for the Dharma for liberation. So what I'd like to do is evening is to give is to try to offer you an experience a little bit of that world by doing a guided meditation. And so, since we're going to continue with a sitting in silence in a while, and you've been sitting for a while, it might be nice if you all stand up and stretch a little bit or run out the door.

So taking a comfortable alert, sitting posture

and gently closing your eyes

taking a few moments, to set yourself at ease, like your body be at ease with how things are. If you're not feeling at ease, then be at ease with not feeling at ease. offer yourself some ease. Some ease of mind, ease of heart. Let yourself be at ease. Without things are right now.

As you feel your breathing, if you let your body be a little bit softer, might be helpful.

The journey that I'm going to offer you this evening begins with a visualization. And if you can visualize this thing great. If you can't visualize it then whatever capacity you have kind of imagining this, whether it's thinking about it or feeling it or intuiting it or whatever it might be your way that's fine.

Begin By seeing if you can visualize in the mind's eye, the picture, the view of the earth, from the moon. The famous picture that people have in flags and things in this earth that we live on, floating in this fast intergalactic darkness, glow that shining blue and green and white.

This wonderful globe that we live on it supports our life within a sense, no above and below, just infinite space above and below

and then moving outwards perhaps to the edges of our solar system and imagining what it might look like to look back at our solar system. Perhaps little dock. I don't know how we can see it from that distance. Perhaps little dots of our planet in this great create a greater sense of space. Great intergalactic space darkness

and further back, kind of a view of the Milky Way. Our solar system just one little.in this huge Milky Way.

Fast, fast, fast distances space, uncountable numbers of stars and solar systems. Billions of years of formations.

invisible to our eye somewhere in that great big cluster of Milky Way stars is a little planet we call Earth and perhaps even stepping back further and seeking deeper into space, tremendous, tremendous intergalactic spaciousness and darkness, with clusters and clouds by the stars The amazing array. You have the universe that sometimes we have photographs up now.

And it's really you know, a marvelous thing that anything appears at all stars these great clouds, gas and stars, supernovas it's just an awesome sight.

And in this great big three ocean of space, intergalactic darkness

were you sitting here. There is now The sensations of your body

in this moment, an expression and manifestation of this huge play start us and stars in your lived experience, nothing your imagination. There's a manifestation, the appearance of your body, sensations of your body. It's a miracle just a marvelous phenomenal thing. And in this universe there arises physical form, which can be aware of itself. physical form which can sense itself feel itself. How is it that your body experiences itself right now?

Why is it that the body reveals itself to itself as you see it here?

Thinking about your bodily experience with being sensing it, letting the awareness arise and the place where the sensations are happening.

It's a phenomenal thing. There should be awareness, presence in this body, this form and then arises, it arises moment by moment in this present moment, and no and nowhere else. The immediacy of your lived experience now

in the immediacy of that lived experience, there's no in and of itself. There's no judging of the experience. There's no Comparing it, hopefully no need for it to be any different than it is. In the experience itself. Being aware of the body in the body, there is just the body sensations. If your body feels uncomfortable in some way, and those are the sensations that reveal themselves it's possible to look at that as incredible beauty.

The manifestation, the appearance, of nature of the universe, of awareness arising miraculously in the midst of this amazing universe.

And then within this body as part of this body, there also manifests appears, feelings, emotions.

It's as if the emotions know themselves.

If we feel and sensor way into what we're feeling right now, our emotions the locations where we feel Whenever a feeling and mood we have not the thoughts or the labels or ideas we have. But the feeling of it the sensations of it, the felt sense of it to experience the feelings and the feelings, emotions and the emotions and amazing appearance mazing appearance of direct reality right now.

There are thoughts that arise. And in some odd way the thoughts know themselves. You don't need to think about the fact that you're thinking the immediacy of this present moment. Thoughts manifest into this great big universe of ours. It's a phenomenal thing.

Awareness arises there is a no A sense of presence in this moment that arises that a manifest that appears. It is

in that knowing and that awareness. There is the manifestation of all kinds of things, myriad reactions and thoughts and feelings and sensations.

Each thing that arises and appears in a kind of way knows itself senses itself feels itself is itself with awareness. Whatever appears in awareness and there's does not need to be any before after this.

You can never be sure what's going to appear next into this universe.

The awareness that perhaps knows itself, maybe a felt sense or a way in which being aware, the awareness knows itself knows itself to be aware.

The manifestation of awareness, of presence

all kinds of all kinds of things arise. Each thing in its immediacy, experienced as it almost as if knowing itself almost at this self aware, passing through

in the immediacy of your experience, immediacy of awareness. So much of how we think of ourselves is not there our identity as a profession or as a person or gender or ethnicity or we are in relationship to other people. In a way absent in just a moment of awareness arising and itself, manifesting and appearing in this great universe, in the immediacy,

aware of awareness, immediacy of your experience Perhaps there's some ways in which you experience awareness or some qualities of it, that come through it. Perhaps there's lightness, softness, light, luminosity, perhaps a sense of clarity. A little bit of joy or delight.

Maybe as little hints of peace or equanimity, calm

perhaps some in that awareness there's some hints of love, compassion or compassion in the immediate See? Not for anything just now as it is

right In this moment, might also be some clinging or holding judgment. Maybe some aversion, impatience.

These things are also known in their immediacy, directness, just this is happening. And it's such

in order to know anything at all, anything in our direct experience there is an immediacy to that experiencing

for there to be awareness of anything at all that arises in the immediacy of knowing that there's no one that knows

In every moment there is the miraculous manifestation of this universe in the form of your own own direct experience. It's an amazing thing that anything exists exists at all levels. On the existence of your immediate experience, what arises in gaming sensations to the body motions, thoughts, sounds.

immediacy, there's no before no after just this.

There is a tremendous simplicity in allowing ourselves to be aware of what reveals itself to us, every moment something is being revealed. We don't have to control it or select it. Naked happen not to look for something better. A particular experience I'm having right now, is not a very good manifestation of the universe must be a better one to each manifestation is complete, perfect in itself. But the manifestation of awareness is not a simple phenomena. It has our whole psyche, your whole mind and the science behind it supporting it. There is a tremendous intelligence in awareness behind it, confusing it. There is a kind of intelligence to what arises in awareness.

One of the most chat aspects of spiritual life of a liberated life is to rest in awareness in the immediacy of our experience and then trust, the natural intelligence is operating through that awareness.

And it can be quite a challenge to trust that innate intelligence because in order for it to operate you can't know what's coming next. We can't know what's going to appear in that simple awareness as a response or as a thought. We can't know.

You can't be manufacturing making something, figuring it out

natural intelligence that arises through the simplicity of awareness.

is not at all interested in supporting your sense of self.

Your idea of self, you're clinging to self, self image. It simply your rising fast, fast universe in a particular time and place, here in your body in mind and heart. And there's intelligence to that. You can trust. Like go relax

So I have no idea what your innate intelligence wants you to do next. But, or how this was for you, or if you have a lot of questions based on this, or what? What I'll stay here for a while if you want to come up here and have some questions or discussion if you need that or like that. But what I'd like to recommend is that

if it seems appropriate to you, if not, then don't come Don't listen to what I have to say. But if it seems appropriate is you, you get up and leave quietly and stay with whatever happens. Stay with yourself. Stay with the earlier meditation And continue in some way letting the amazing manifestation of awareness. Be vivid and alive and present. As you go home now and get home and stay home, go to bed and go to sleep. It's a very wonderful thing. If you could close at hand and appreciate the texture and the feeling and the activity and the intelligence of the universe, manifesting awareness in you. So it's over. Now we'll see what you do with that.