

Practice Note: How Am I Now?

Transcribed and edited from a short talk by Gil Fronsdal on July 18, 2012

A really good foundation for mindfulness practice is something that is not very complicated. It is simple, straightforward, and useful to come back to as often as you can. This is the very simple recognition of how you are right now. That's it.

Check in: How am I right now? What's going on physically? What's going on emotionally? What's going on in my mind? In a simple, open way, without digging deep inside, without some agenda to accomplish, but with a simple, open-handed, open-minded, open-hearted interest, just ask yourself, "What's happening now?"

If you do that, sometimes you start discovering the ways in which you're not here in a simple way. You might have agendas you're trying to accomplish, or judgments, or ideas. An interesting discovery might be all of the beliefs you might have about how it's not enough to simply be present as you are. Something really big, more important, or certainly more spiritual is supposed to happen than simply recognizing how you are right now. Exploring all we add on top of the simplicity of this moment is an important part of the practice. It's an important stepping-stone to coming back to the simplicity of this moment. This is how I am now.

If you are in some way uncomfortable, or if how you are is not commendable, then can you just be okay with that? Can you be open-hearted, open-minded, open-handed with how it is? This is how that is now. I'm feeling this way. This is what's happening now.

Can you keep it that simple, without agendas, judgments, and needs to change it rushing in? Being open-handed, open-minded, and open-hearted with how you are right now is the foundation from which you can enter more fully into mindfulness of the present moment.

I hope you enjoy your morning here.