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SPEAKERS

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With a perspective about all kinds of things about situation about what's supposed to happen, what is happening, the value of what's happening, our relationship to what's happening, who we are in relationship to what's happening, who we're not in relationship to what happening. And a lot of these attitudes, bias perspectives happen pretty subtly. there can be multiple one on one, so they're kind of almost semi conscious or even almost, you know, subconscious. And we're not so aware of them often. And if our life is busy, and doing a lot of different things, or if our mind is busy with a lot of thoughts and activities that we're kind of swirling around in, we can be blinded from any kind of clear understanding that we carrying a perspective with us into our lives. So and so it's gonna be hard for meditation practice to because If sometimes perspectives attitudes we have we carry with us into meditation and they can undermine meditation they can get in the way for what we're doing. So there's a variety of things that are useful to take into account. One is to find a time to look and ask what is what what am I bringing with me into the situation I'm doing? What are the attitudes perspectives that I have? And just ask them that question might be able to kind of flush out some of the things that other otherwise would be on acknowledged unseen. And it also is possible to ask is it is the perspective that you carrying that perspective through which you're looking at anything? Is it most useful one for you? Is it beneficial for you this in any given time? So one of the other thing to do is to sometimes try out a different perspective and sometimes by trying out a different perspective, right than it being some kind of pollyannish feel good positive thinking movement? It could be you try out a perspective, that's different. You know, try it out for size. And then only then might you notice that actually you have another perspective that's dominating. Or we have only then can you kind of clarify that actually, you're not so unbiased, you're not a neutral observer of the situation, you're care. But by bringing something else in, it kind of stirs things up. So I, one of the really common perspective, so interpretations that people have of their life, one way or the other is that they're having a problem. And I suspect that you most of you, some of the time, go about thinking that there is a problem going on. I have a problem. Something's wrong, something you know, I'm wrong. There's a problem with me. I'm bad, I'm mistaken. Tell people don't notice. The situation is wrong. There's a problem here. And some things conventionally you know, it's pretty easy to get a lot of support that you have a problem. You can have the you know, you know, you know, if you've run out of gas on the freeway, you can say you can call up someone's I have a problem, can you come and help me? And oh, that is a problem. You can have a health problem. And, and everyone's Oh, you got a big problem. And so you carry with you there's a problem. There's a problem is a difficulty. There's a challenge Something is wrong. And it's easy to justify it. For what happens if you change your perspective. What happened not not that it's or change the interpretation, or change the attitude, or just view it from a different perspective? What happens? What happens? So what if you look at it from the perspective that, you know, you could say, well, it's not a problem. It's an opportunity. Some people like that. Some people are. You know, I've heard that so many times that I wouldn't dare say it. But what if you? What if you look at it from the opportunity, look at it from turn turn

around? And look, look at it from the perspective of, in what way might this be not a problem? And what way might this be beneficial? And in what way, might this be helpful or differently? How can I approach this situation in such a way that it's beneficial for me? As opposed to how do I approach the situation as if as if I have a big problem? It's the same situation the situation needs to be addressed. But if you approach it from the icon, a big problem, it can seem overwhelming if you approach him the perspective of what way can I approach this so it's beneficial for me then you might find a different way through it that might actually be more useful for you might actually do something as beneficial.

So I was talking to someone recently who had a very serious bout with advanced cancer and went through a lot of very serious treatments for it. Just about gave up, too, there was too much the treatments were too hard life was too hard was his whole thing was too hard. And but then somehow that person got support and was able to rally and saw it all through and now is in good health. A little bit recovering from the physical challenge of the treatments But still, you know, in good health and the person is a new person. I've known person for a long Time, and the person now is has a maturity and a strength that wasn't there before. And the person looks back and says it says, You know, I almost gave up. But if I didn't because this was the best thing that happened to me, this was really this benefited me a lot that I became a better person through this. And so, such as the serious thing is advanced stage cancer where you don't know if you're going to live or die could conventionally be seen as I got a big problem. This is a problem this is too much. But from the respect perspective or having gone through and come out the other end person looks back and sees this was a golden this was really beneficial for me, I'm a better person because of it. Would the person have gone through it in the beginning differently. Having understood that the here wasn't here was an opportunity here was something that could be useful with the person have approached differently, where the perspective of wow Can I benefit from this, what's useful in this situation, rather than only being oppressed by it and struggling with it. So, when you find yourself challenged by something in life gives you which will happen sooner not later, something comes along and you call it a challenge, you call it a problem, you might try to reconsider. See if you can bring a different view than your business as usual. And see if you can find a way to see it any different differently. And how you might see it differently is up to you maybe situation is but ask yourself, How can I see this situation in a way that's beneficial for me? How can I see it the situation so it's most helpful. People who have a spiritual practice I think always have the opposite. To do this, to see any challenge that they have, as a city situation to develop their spirit spiritual life, to develop their inner strength, inner capacity, their inner freedom, develop their compassion, there's all these things that can happen. When you have a spiritual practice. If you don't have an inner, an inner inner practice and inner life and inner practice that you can cultivate and develop, that it's all about the external world, then, you know, there's fewer opportunities, but if you have an inner world that you can develop and grow, then the situation doesn't have to be only a disaster. Even people who are dying, which can some people can which conventionally, dying is a disaster, right? No one should die. Everyone should live forever and ever and ever. It can seem like a terrible thing. But there are people who don't get cured from What is fatal, fatal, fatal illness, they don't get cured. But in the process of dying, they get healed. And there's a deep emotional and spiritual, psychological transformation that can happen. So then when they die, they die peacefully. And the healing means this inner inner life that gets changed. So, people have a spiritual practice. My hope is that they're always have this inner strength, this inner willingness, this inner resource to see even though no matter how difficult it gets, there's something we can cultivate and develop in ourselves that's meaningful and valuable. It's not an unmitigated disaster. What's happening. It's something there's an opportunity here for something.

So then I'll end with a little teaching that I've heard other teachers offer. It's again in perspective, it's a matte imagination to imagining using your imagination to help you. So you can imagine that everybody else that you encounter everybody in the world except one is enlightened. And you're that one

exception. And that everyone else is here. All these enlightened people here are doing exactly what they can do to help enlighten you. That's what they're here doing. So the person who, you know, cut you off on the freeway, that person who gets angry with you, the boss or the co worker who gossips mainly about you or just terrible things.

They're helping you And if you could take that help is completely dependent on how you engage in it how you the responsibility that you take, to see it in a way that betters you that improves you. So this perspective that I'm offering you today is a perspective of taking responsibility for what your part is, in any situation you find yourself in. So you're never a victim. You're never just a passive innocent bystander for events. You could take some responsibility for how you meet situation, how you see it, how you what you use it for, how you benefit from it. And that taking of personal responsibility this way, is a hallmark of this practice that we're doing here practice of mindfulness Buddhist practice. So I wish you well with that. I hope you have fun with it. Okay, so thank you