

2013-08-21 Practice Notes Every Moment A New Configuration

Thu, 9/3 5:40PM • 2:59

SUMMARY KEYWORDS

fresh, perspective, completely, view, ideas, present moment, luggage, moment, present, mindful, chatting, practice, lighter, tables, stepping, outer, hall, assumptions, carry, irrelevant

SPEAKERS

Gil Fronsda

And then afterwards, so you want to stay, we set up tables in the outer Hall and we hang out until one o'clock just informally to have tea or lunch together and chat called mindful chatting. So and then a couple of words about the practice this morning, something that might give you a nice, useful perspective for practicing. And that is, sometimes it's useful to adopt certain perspectives of practice certain points of view, as a way of helping us be present, see this present moment in fresh ways. Cut through some of the old conditioning and ideas and assumptions and ideas about what's going on so we can see it more clearly.

So the perspective or the view, and I'd like to I suggest you play with today is that at any given moment, your world starts new. any given moment, everything starts fresh that every moment is a completely new configuration of cause and conditions. It'll never be this way again, it's never been this way before. It's all due and that from this perspective that it's all new. That there's very little need to or, or there's no because it's new. None of the past has come along with you. And now if you prefer the view that the past you know, comes along in your luggage and carrying it along, your saw your head heavy suitcases, you're welcome to you know, do that do that usually That becomes a pretty heavy going to carry all that luggage and becomes much lighter to just look at looking at what this is brand new, whole new world A whole new day, a whole new minute whole new. Everything's new right now it's a fresh start. I'm starting completely fresh. What happened in the last minute? It's irrelevant, because this moment is completely a new start. So that's my offer. My suggestion is you try whenever you remember to, to wake up to be present to notice you've got away notice you're thinking about the past or whatever. Assume that the next moment you're stepping into is a completely new start. What I'd like for you to start new start fresh to bring with you ideas and past such things. So I hope you enjoy this morning. Thank you.