

2013-12-02 Awareness

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SPEAKERS

Gil Fronsdal

So in terms of what I like to do this evening, I would like to give somewhat of a Dharma talk. But rather than giving a talk about something, I would like to give a talk that I'm hoping will bring you more directly into your own experience as you're having it. And to explore the nature of experience some aspect of experience here as you're listening to the talk. And as an introduction to, you know, this, what I'm going to do here, I would like to mention that in order to meditate effectively, in order to engage in this path of mindfulness that we do, and it involves a shift from business as usual for how we engage our mind Now we think, what's going on. And I don't know what's usual, everyone, but so maybe you should be careful saying that, but the shift is to go from preoccupation in the mind to go from being preoccupied about something to becoming aware of what is happening in your experience now. And that's a huge difference. So it's very easy, I think, to be preoccupied so much, that you don't even know that you're preoccupied and caught up. The mind is so distracted by its distractions. You don't even know you're distracted. You could follow that. An example I have to happen if a couple of times to me over the years driving down to 80. And I think the first time it happened and those of you know to add here I was driving south. And I was supposed to get off probably to go teach people to be mindful, we wasted when we used to have our meetings in Palo Alto, it's going to get off at page Mill Road. And I didn't notice the Page Mill Road exit until after I passed it. And that's not good news on 280 because it's a long way to the next exit. El Monte exit is kind of far down. So I got a long time to think to remember, you know, gee, you know, where was I, you know, I wasn't aware enough to drive safely. I think I was clear. But I was so involved in whatever I was thinking about, that I wasn't really I didn't have a keen awareness of what was happening. So I forgot that I was supposed to get off and didn't even notice the exit. So that's kind of representative of kind of being preoccupied. And that is to shift from that to becoming aware enough of what's happening. No longer caught it. The grip or in the blindness of what we're concerned with, to open up and really be aware of what's happening in the present moment in some particular aspects of what's happening now. And that's a hard shift to make, because it's a shift from for some people sometimes, because we think about, it can seem either very important or very attractive, very meaningful, very important. And so it simply have to think this, we have to be involved in this kind of concern these feeling something and so we don't step back, or we don't want open up to really notice this is what's happening in the present moment. So for example, what's happening right now is, here's a mind which is caught up in its thinking that's very much involved in thinking. And if you kind of can see that sometimes you'll say, Well, I don't need to think this anymore. Or this is not a useful way of thinking. Or this is not a useful way of talking to myself. self talk, as you probably know, has a tremendous impact on how we Feel. And people self talk sometimes is not very wise. Sometimes we tell ourselves stories about what's happening in our lives. And we tell ourselves kind of sometimes negative stories about ourselves how terrible things are not realizing that it just one interpretation is one way of framing what happened. There might be other ways of understanding their stories to tell they're equally valid. But seeing it from that point of view, might be much more meaningful for and to give an

example, that maybe is overdone, and that would be to have something very difficult that's going on. And one story would be, this is just really a bummer that I had this difficulty. So if you say tell yourself a lot this was a bummer. Bummer. Bummer. Boy when this happened to me, poor me. Very versus this is unfortunate thing to happen.

But this is fortunate thing gives me an opportunity to practice patience to different stories, both stories may be true. But if you repeat the same thing over and over again, which story is going to have the best effect on you? So people are preoccupied, they don't tend to question what they're preoccupied how they're preoccupied what stories are telling themselves. And if the stories are not a useful ones, they can have a tremendously negative effect on us and the world around us. If we know that we're thinking, then we can kind of look and see what we're thinking about is this useful to think this way? And maybe there's other perspectives. Maybe it's true this way. I'm thinking it was a bummer. But how long I'm going to keep thinking bummer. Bummer. Bummer. Now, maybe I should tell myself a different story. And the story I'll tell me tell myself is, this is actually a useful opportunity to develop patience. No, no, you don't understand it. bummer. It's a certified bummer as important that everyone know that including me. Everyone needs to know this. You know, this is like so important that if we see it as a bummer, it was a bummer. It was bad. And we got to stay to that story state, which some people are so loyal to their stories, right? And so there's so it's possible to have a shift from what we're thinking about, to being aware of what's happening in the presence. Sometimes we're thinking about might be really great. You might have a wonderfully meaningful preoccupation. You might be writing the great American novel, you might be writing the great solution to world hunger, all kinds of great things you could do. But it's still possible to be preoccupied with the wonderful thing you're doing, and not really notice how you're involved in that preoccupation. Maybe you're straining Because you're so involved about the activity you're thinking about, you don't see the cost, you might be building up a lot of strain. So the example of like is this shift is that I can hold this striker in my hand. And if I'm really focusing and preoccupied with a striker I can in order to hold it really tightly, I could because it's brighter so important and it's important that nobody steal it from me because it's in my status as a meditation teacher is dependent having a really good striker to show that I'm really worth my salt or something. So I'm going to really hold this tightly and close and not let it go. Because I'm the strikers what I'm about if I shift my attention from the striker, to the hand that's holding the striker and different things will happen. I'll tell myself different stories. If it's all about the striker. I'm going to tell myself stories about the striker. If it's about how I'm holding the striker, then I'm going to be concerned with other aspects. I'm going to notice, for example, my hand is going numb, from how hold I tied it, that I'm getting, you know, repetitive stress syndrome, because I hold this all the time. And, and I could tell myself a story. Well, you know, this is probably not going to be used for a long term to keep doing this to myself. I think these are good is trustable people here tonight, I think I can release the grip a little bit. I can hold it more lightly. And, and then as I do that, I see that that actually has a different effect on me than gripping it. So the shift is a shift from the thing to how I'm relating to the thing. And then you can you can come to then you can explore it in different ways. And something different can happen to make some sense. So shift. So we're talking about doing To shift, and one of the shifts is to come into the present moment. So, the question, I have a question for you. This is where our grid are turning that this talk back to your experience what's happening for you here. The first question is, as I'm giving this talk so far, are you aware? Are you aware? Is there awareness operating while you're listening to this talk? And if you're aware, how do you know that you're aware?

Where's the evidence that you're aware to now like to hear some answers? It might be nice because number of you because there might be different answers that you give. How do you know that you're aware?

Usually Mike, Mike's coming. We're in trouble. Both mics Not today. Both maximum hours working. Wow.

That anybody know about mics?

I think it's gonna be a talk loudly if you're gonna use it. I guess I'm aware of

lots of things.

To try it again, please. Is this better? Okay.

I guess I guess I'm, I'm aware of

other sounds in the meditation hall and where other people in the meditation hall as well as listening to you, and taking in what you're saying so because so meaning that you know, you're aware because you're recognizing things that are happening in the present moment. That's a good simple way of saying it. Okay. Are there ways other ways that you know that you're aware?

I was applying what you said to

something in my own life.

I was applying what you said to something in my own life that's going on.

So you're so you applied it to your own life. But how did you know that you were aware of while you're doing that

maybe you're kind of Last week, thinking about it

didn't feel like it felt more like this is really worth

looking at.

So that seemed that there's a little bit of freedom from the grip of this thing that's been going on in my head about this

individual.

So you can continue thinking about this issue around the individual. But as you did before, but you notice a difference between the being gripped by it. Yes. And so the idea the feeling that there's some freedom from it, let's let's scripting that gave you evidence that you're aware.

Yeah.

Okay, great.

It's not the same old thing. Same old story.

So, okay. So what other how other ways that you know that you're aware? So you have to kind of feel your way into this. Those of you who are not answering, feel, feel feel into as you're listening to people answer as you're kind of staying here. How is it you know, if you are being aware, too All of this kind of kind of how is it that I'm aware? How do I know that I'm aware?

Now that's that's sort of what I was going to say is a sense of I almost feel the vibrations of your talk and everything hitting me impinging on me and then it's like, you touch something and you feel it. And when it comes in through my eyes and my ears

until you're aware when there's sense contact happening. Nice. So so. So when there's sense contact in the present moment, and you know that you have any sense contact, then you know, you're aware right here in the front.

I feel when I'm listening to you, I'm listening from my body and also feeling Your energy underneath the words

I say so you know, you're aware when you can when you're aware of through your body, listening through your body. So as you're saying, okay, great confessor back.

I start with a grounding exercise, pressing my feet into the ground. And that brings me to the present. And then I start with my breath and being aware of my breath. And I know I'm truly aware of when I feel my breath on my forearms.

So against move since contact, so you Wherever sensory contacting is in your body and your body, then you know, you're aware of your breathing

it but the grounding exercise is fundamentally important for me to get out of my head in my day, to be able to do that shift that I talked about.

Conscious shift down grid

I just want to know, I felt like I was aware that I wasn't aware. You know what I mean? Like I was aware of you talking. And then I was aware, and I wasn't aware of you talking, says I see.

So

he was aware that I was thinking of something else while you were talking.

And I was aware of that.

I see. So you were aware that you weren't aware?

Yes.

And so you says yes. So when I met many years ago, I was given tickets to go to the symphony. And so it's kind of unusual for me to be the symphony so we're good seats looking down on the orchestra pit and ever whatever. And I think they were kind of in too expensive tickets. Also, maybe, and, and so

during the first half before intermission, I was mesmerized by when I could see in the orchestra pit. And I was kind of my mind was chattering away. Look at that. And those violins really sink this football is really synchronized. And I wonder if anybody is little bit behind and the other bows, you know violinists. And that was kind of commenting and questioning and looking Look at that. And I realized after a while that I wasn't really listening to the music. And I was certainly in the present moment, but I was supposed to do that for the music not for wondering about what happens to the bows in the violin, right. And so and so by the second half of the afternoon, intermission, I came back, this is, you know, this is ridiculous. I mean, they want to hear the music. So I closed my eyes. And that allowed me to really take in the music. And after a while, I'd kind of settled enough and got into the music enough that I could open my eyes and not be carried away by what I saw. And so I knew that I wasn't aware for what I needed to be aware of what I wanted to be aware of. But afterwards, I really knew that I, as I close my eyes for a while, I knew that now I was aware of the music. I really knew I was aware because I was tracking it. I was staying with it as it went on. So you started off by knowing that you weren't aware. And that's

great. I think it's great. Maybe a couple of more, please. Good. Bring the mic back. Send the mic back across the room, please.

I think I would pick

up on that same thing that I know I'm aware of when I wake back up after not being aware. I mean, the classic for me is going for a walk at Edgewood and Oh beautiful trees and here the bird And then all of a sudden, I'll wake back up and realized I didn't know anything about the last 15 minutes of the hike because my mind was somewhere else. So it's when I wake up that and the contrast tells me that the sense awareness is back

was great. So that's a good segue to the next part of this. And so now the question for you is, what does it feel like? To be aware? independent of what you're aware of, doesn't matter what you're aware of. When you eat when you really recognize that you're aware, you're know that you're aware. Would that point what does it feel like to be aware?

For me, it's a it's a special I have a kind of expanded feeling. And I can feel my heartbeat and the pulse did in my own body. And normally I'm aware of my breath. And there's a sense of relaxation and kind of observation as myself being part of the whole experience. There's a sense of

Yes, relaxation and

like acceptance, like satisfaction, like a, you know,

just there. So when there's enough when awareness is clear enough and you know that you're aware, there's relaxation, some is openness. Maybe regardless of the important thing you're thinking about, yeah, something something different happens, okay.

My experience is similar to his in that it feels Very settled and very peaceful. And it's almost as if I'm taking in the experience through all the pores, in my body, through my eyes, through my ears, through my hair and a lot through my skin. Fantastic, like a tingling.

So so when you really take in and aware that you're aware, there's this wonderful relaxation, tingling feeling all your being like through the pores, right? So if you leave here tonight, if you draw, I don't know

if you drove here or not. And you leave here it's dark. You're, you're alone. You're parked in a dark place. And you come out and see that your tire is flat. Can you go there?

Yes, and it my state changed.

It felt myself contract and I could My eyes started moving back and forth a little bit trying to figure out what was going on.

But when you came back to this place where you know that you're aware, what happens then that accesses that place of relaxation and openness. You talked about, is that accessible there? is it relevant?

Ah, yes, but not as much. Good. Yeah. But it's a movement toward that

is irrelevant.

Yes, very much. Because I very much want to be able to access the state of mind and awareness in situations that are challenging to me and I can't always do that. And I like to

Yes, I hope I hope that it develops with me.

Nice. So you're interested in that shift? Yes. Next year.

When he said the flat tire I immediately envisioned Mike's I parked near the corner, I thought is a terrible place to park. So let's go Hit me, something's gonna happen. And I walked away and the flat tire, I suddenly thought there is a contextual ization thing, right? It's like, okay, you look, you see you've got a flat tire, you think I don't want to fix this, I think I've got AAA, and I'm a member in good standing and Paul come and fix my tire. And it takes me like these 10 steps to get there to go over being pissed off or disappointed or whatever. And it's like, Why don't get there faster. So, to me, it's all about sort of saving the time thinking, bummer. Bummer. Bummer. And getting to the place where somebody else's fixing my tire. So

nice. Great.

I just say that. It's it's really a tremendous feeling of relief, just to drop all the distractions. And I know that again, I'm aware when I'm coming back and I'm feeling man and so and just to let go of And the distraction is mostly like a to do list that I'm hanging on to like trying to repeat and not forget. And so it's a real relief to just be able to just listen and, and be and I think like if I saw my slash tires like, and I could get into the state of relief, it would just be like,

okay, like, let's call triple A.

Yeah.

So to have that have enough presence of mind that you're not only aware, you're already aware, I mean, clearly, if all of you go out and see your flat tire, you're aware, right? There has to be everywhere that's operating, right. So that's like you're all have that minimum amount, right? But there's a qualitative

different thing. If the awareness is keen enough, that you could say, I know that I'm aware. Right, this is what we're talking about here. So good. One more every one more.

I can get into sort of a wide angle awareness. Everything seems like everything around me is, is there and very much in the present. But I can sustain that only so long and then I start getting a tension that I find is probably part of what drives me back into getting lost in a thought or something.

So you appreciate the value of open awareness. Awareness is keen enough, you know that you're aware. But sustaining is a strain.

Yeah, I can actually just sort of sense this. The strain

Yes. So here's an exercise for all of you. So we've been talking about awareness, some of you have been turning around looking at what you know, like your own awareness, hopefully while we're doing this and what's what is this like my awareness and so now, what I like to do is to do the opposite for you. So can now stop being aware. Just kind of cut it out. Take a break. No, make no effort to be aware just like, come on you guys. You're not listening. Like I really mean it just so what happens when you just stop making the effort? And you stop being? What happens? Can you stop it? Can you turn it off? Every night? No, I'm talking about now. Now you exactly Thank you. Now. So, Jim, if if you can't stop it is it a strain? What are you doing that makes it a strain? Well,

this situation is sort of like telling somebody, do not think of an elephant.

But you think it's easy, but what I'm trying to point to is that is there can you be aware without making any effort to be aware Does f this awareness require effort? can be effort, right? Just pay attention certain ways. And so maybe you strain you felt involved efforting. And maybe there's another way of being open and aware. That doesn't really it doesn't exactly require effort. Could that be it almost requires the absence of effort rather than efforting to make it work.

So

why do people some people have no idea about the value of awareness of noticing that you're aware? They've never been taught never. There's never been pointed out to them. And because they don't know it, they don't pay any attention to it, they don't give it any value. Also, many things that people think are important in life, they don't think are available through something that has, there's just so like ordinary or invisible, in awareness, it's like, it's like the fish that doesn't see the water swims in. We don't see the awareness that through which we operate. And what's important is what we're aware of, not awareness itself. And so, you know, there's no monetary value and being aware, or that you're aware, there's no monetary value to have, you know, use your awareness. What's important about awareness is to be present and aware enough in order to make money or, you know, get what you want, or avoid what you don't want. And so there's a very good motor We can be very motivated to keep thinking about we can be keeping involved in what we think is important. So if we think it's important to to analyze everything as a bummer, boy, it's a bummer then we'll stay focused on that. Or if we think that what's important is to be safe will focus preoccupied by how am I gonna make myself safe for this group of people are things important, you know, you can go through the list right? And it but because there's no ordinary value in awareness itself, people are not going to give it much attention. So the question is, what are the what can what what shifts inside of you some people said this are some things already but like to go through this again, what shifts inside of you? That is useful when you bring

awareness, your attention into the scope of awareness, that you're clearly or you're aware of mind feel that you're aware? What What's that? How's that valuable?

how might that be really valuable? Even though you can't sell it towards the mic.

I think it seems more like osmosis

or word diffusion,

confusion due to

diffusion Asmath let's say osmosis would that. It's like a process that just happens if I get out of the way. So if I'm not efforting over this list This running list or? Yeah, it's mostly thinking about what I'm going to do. And I get out of the way then I can be more present and it's so it's, um, it seems like it's almost a natural process like osmosis,

great, natural process Get out of the way of it, it's operates beautiful. Some other What are there so they're valuable things. This

well I found a great value and being mindful and being aware that I'm aware when I'm speaking because I would you know say things from the past and out of habit

and,

and now I catch myself saying things that I'm aware of. I'm aware that I'm saying boom, but I don't really want to be

There's not just not just what we say. But in all kinds of ways we can take more we have more choice in responsibility then over what we do and say, because we are tracking it while it's going on. Great, so we can make be wiser we can live a wiser life.

We'll try to get the mics fixed. We've had problems now for a couple of months with a monitor, being on an officer. And we don't have to have all this traveling back and forth. So maybe it's nice. It gives us a chance to be aware. Check in.

Um, I used to write, I used to go, Well, I used to write poetry and I had some success with it, like I published and I won a few prizes, and I'd go to poetry conferences. And I would, you know, walk in the hills and I'd want to, you know, Express, you know, I found myself What's another word for cold? What's another word for, you know, drift? And how can I say, you know, ring of cat tails in a better way. And I, I realized that the poet was standing in between myself and the experience and all the translating, was going on. And this need to tell about it was, was really interfering with the experience itself. And I at first began, I first thought that it was great to walk in the hills because I had product from it. And the product was the poems and I began to feel that that wasn't Product enough, that wasn't a fair trade for just the experience of simply wading in the water without having to name it and relate to it and judge it as beautiful or not beautiful. And I just put it all down. I just put it all down and I no longer write poetry, because I really prefer not to have words in between me and what's happening. Nice,

very nice, thank you. So, it says points to something else that if it's a beautiful, warm, refreshing spring day and The windows and curtains in your home are closed, you're inside, you can turn on the news and the newscaster can explain how it's a beautiful spring day. And then you and then you know, then you know, right. But if you open your window and the curtains open the window, then without you making any effort on your own standing by the window, the fresh air and the breeze and the kind of clean, clean feeling in the air will come to you. By itself, right? Just come that just arises like that if you're not caught up. So one interesting question is it when you're aware that you're aware if you're really abiding and awareness awareness is really strong, and you stepped out of your preoccupations? Is there something equivalent to this Spring breeze arising on its own, that can happen is to you, but not the external world. Like even you're gonna be more aware of like you described beautifully, but we weren't aware of the hills and the flowers and really be there for the experience. But is there a spring breeze that can arise out of your own heart? from within, in that space, in that with the windows, open your heart? What can what can flow out of that?

for you is some people do that, but some people need need you to have it.

That's good. You brought that back because what I was saying earlier, the when you're in that point of awareness, what does rise within me is that sense of a sense of compassion. I think it's a sense of peace and compassion and A sense of joy, of a sense of actually a love arises. And that's the, that's the real benefit, for me of awareness is by stopping. No making no effort than the experience can just arise.

So so you trust the arising of something in the space of awareness. When you when you're like when windows open your trust, what's going to come there? That's what you're saying.

Yes.

Yeah. Yeah. So which can seem to almost never had that experience. It can be very foreign idea. For sure, but they're wonderful.

It's just a beautiful feeling.

Thank you. So we're running out of time. Hope this is interesting for you. Because we were talking about one of the one of the great, precious, renewable resources you carry with you all the time. And so it's lucky, it's renewable. But it's also precious that you have the super amazingly precious thing. And there are Buddhist teachers and over time over the centuries, who've written ODEs, beautiful poems and songs, for, towards, about awareness, because it's been such an important quality, it's such an important asset for this process of freedom. And you have it, they know that you have this tremendous gift you have this jewel that you carry with you everywhere you go. And, and it's possible to do a shift to any moment. And things can change very quickly. And sometimes you get helped the shift can change the, you know, circumstances can be a trigger to make the shift. You can be walking down the street and be preoccupied by something. And you can get some kind of suddenly you get a text message and you get some news. It could be really good news. It could be really terrible news. But suddenly, you kind of wake up from your reverie. And now, the world's shimmers like it's alive. Like, you're, it's to alive almost seems like now you're really aware. Maybe some of you've had that experience something at work. You know if you've ever visited someone who was dying. I mean, you might have been caught up in all kinds of things during the day and a lot of bummers. That's a bummer. It's a bummer. It's a bummer. Oh, boy is such a big bummer. and nice. Life is always a bummer. Bummer. Bummer. And then you go to visit your friend who's dying. And you're not thinking bummer at all. I mean, it is a bummer that he's dying but it's something poignant and alive and present and your awareness is like,

full there because of what's there. You know, you stare some people We'll go rock climbing, something like dangerous sports, so they can have that experience of being so clear and alert, and there's there. So I hope this is interesting for you because I wanted to do one more thing for you if I can with you. There's a lot more we could do. So what are some of the verbs, some of the activities? What are some things people do with their awareness?

So, for example, students maybe don't understand. So I was lost. And I brought my awareness back. So that's what you do when something you bring back. People use that kind of language. What other words like that do we use to describe what we do with awareness?

Sorry, focus awareness Okay. Sorry. Shift awareness I shifted awareness. Note, I noted my awareness I was aware that I recognize my awareness. Okay you recognized it depend on intense are intended to be aware.

So, subtle.

Set, reset subtle the awareness I settled my awareness. broaden awareness. Reach out. I extended my awareness. So my friend was in need and I extended my awareness to be present. Cultivate awareness. Recognize awareness. expand awareness. Allow awareness. Enjoy awareness. rebel and awareness. That's great to rebel but I bet rebels getting close to being caught to get up again, preoccupied. I bet getting caught up and be occupied happens right on the edge of my guess.

Curious about awareness. Nice. Yes, speak loudly then in the back. I can't hear rest in awareness we can rest in awareness. We have our with awareness. Appreciate awareness. So what do we do to a lot of these great answers? The question is actually interesting thing a little different. Some of you answered my question. Were hoping to get it across. What do we what activity do we do with awareness? so appreciate awareness is about the Awareness would like, but bringing awareness back. My mind went off thinking one more time, and I jerked my awareness back to my breath. Era. I took my awareness i and i pounced. I kind of like pounds back on my breath. I mean, what are some of the things we do with awareness? We allow the awareness Yes. We drop into awareness. Okay. Wake up into wake up into concentrated wear awareness. We catch awareness. Like Really? I haven't learned that one. We direct awareness. Connect awareness. We open open the awareness up Sorry, resume awareness.

And speaking of the shift, the clutch would be realized the mind realizes your brain realizes Oh.

So we realize that what do we realize? Ah, okay. Yeah, but yeah, that's good. It's a very important thing to realize. But that's again a little bit that's removed from the awareness. So that's knowing about the awareness. Now I'm saying what do we do with the awareness as we know we're aware of it?

But I guess I guess what? I'm sorry, I'm not so clear, but I guess we don't usually lose it intentionally. What do we what do we intend once we know are aware, what do we intentionally do with our awareness, choose awareness. Okay. Practice awareness. Yes. kosaki louder. Live consciously. So once we recognize it that we stay with it, they will rebel again avoid nurture. So there's a lot of things you can do with it. And so what I'd like to those of you who found this interesting, I would encourage you to visit next week to explore these things on your own. How do you know that you're aware?

What's it like to be aware? What does it feels like to be aware? And what does it feel like to be? What does it feel like? To me, what's interesting is this little shift between being aware to being to knowing

that you're aware. awareness so strong, there's kind of a self reflective, reflective quality. Yeah, I'm aware. That's what's happening now. So it's, you know, it's I mean, it's come up this way, as an example. It's like, you're in the rain and you're wet, and you know that you're wet. You're in there in the field of awareness and you know that you're in the field, you know, you're present. What does that What's that? What's that set? There's a secondary knowing, right? The awareness of being aware. What does that feel like? What are the qualities, the characteristics of that? What are the benefits of, of having your awareness when you're aware of things in the world? What's the benefit to you, of being so aware of it that you know that you're aware? Now that you're going around, I know him Wear normal wear, but it's like it's that it's so stands out so strongly that if someone asked you of course yes, I really knew that I was aware because of that strong. And then when you rest in there when you allow for that, do you trust? What arises? In that state? You trust and sense to us trust what arises when the window is open? Do you trust what arises when the window of your mind is open? Or do you feel like you have to be in charge of everything? And you have to be the Dewar? Or is there a kind of something? feelings, intentions, thoughts, all kinds of things that can arise in that space? Do you trust that what arises? Do you have any experience of what arises in that space? What is that like for you? And what are all the different things you can do with awareness? I suggest I suggest so there's many many things that we do. Different though you mentioned many of them here. There's many more things that we do with awareness. And you might study your use of what happens when you're aware in your daily life. And what are some of the conscious and unconscious ways that you use awareness? When do you narrow it? When do you almost like grasp to the awareness? Like you're looking at something and really, when do you step back and rest back? When do you open when do you close with it? When do you tighten up? When do you jerk it around? When do you When does it when do you or something inside of you begin dimming it? When does it brighten? So there's a whole the whole kind of rich, rich world of it and if there are so as you do if you do this over the next week, explore it this way, then I would be nice if you could be inspired or be encouraged in this exploration on your own, by the idea that there's something about the quality, the characteristics of being aware of knowing which is the most precious, most beautiful, most valuable thing that you have in your possession. I know if we want to say possession exactly, but in your in your life. That's thing a lot, right? More important, more valuable than anything else. You might argue with me and say, Well, wait a minute, something else is more important. But it's okay to have a different opinion but something else being more important, but maybe at least give me a little bit of credibility. Then maybe this is like second best or third best is still really high up there and what's valuable? Don't just don't dismiss it, but get really curious this week, find some way this week to really reflect and think explore. But don't think too much. Feel your way in, feel your way in, feel your way into what is it to be aware? How do you know that you're aware rather feel like to be aware? are the qualities of being aware? What do I do with awareness? And if you have friends, you can talk to about this without them thinking you're crazy. You know, talk to friends about it. Really Work this exploring time. And then then next week, I'll give another talk on awareness. That good.

So I hope you enjoy and those effects Those of you find it useful rebel in this. Thank you