

2014-05-28 Remembering To Be Happy

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SPEAKERS

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The different seating arrangement today. It's kind of nice I have changed things that they were in this religion that says things change. I showed up and sure enough things changed.

So some of you know that there's a little cliché saying in our mindfulness tradition that mindfulness is easy to do. What's difficult is remembering to do it. And so then people, you know, try to remember and they have all kinds of ways of trying to remember, you know, like, mindfulness bells and Q's. And some people wear these cumbersome molars, this, you know, hundred eight, you know, they're kind of part of part of the values. They're 108 beads is so cumbersome that he kind of like reminds you to be mindful like it gets in the way and it to be more careful and attentive. Some people go and retreat so they can remember to be mindful And then, and then after a while does mindfulness things becomes this like duty. Like, I gotta remember both to be mindful, I better even, you know, I, you know, I'm not being mindful enough, I have to be more mindful. It's a headache. So what if it was more instead of remembering to be mindful? If we remembered to be happy? We think of that. Just remember to be happy. So the question is, you know, some of you probably immediately put up protests. That's artificial. I mean, you can't just make yourself happy. Or, you know, Gil doesn't realize my problems. I got serious problems, and I can't just override them and be honest. That's why mindfulness is so good because it makes you take an honest look with what's really happening. And I don't want to do a spiritual bypass by just be happy. But maybe people ignore. They're offered the opportunities to be happy more often than they need to. Some people are only happy if they win the lottery or something really big happens. But what is it that gets in the way of happiness? Ordinary simple happiness, contentment, delight, joy. And there's a lot of momentum in the mind who want to have to possess, to attain to get to protect, to defend, to blame, all kinds of things that the mind does, and that we get caught up in. That cover covers over our ability to appreciate What's happening in the moment? And May, you know, do we always have to be involved in one thing? Do we always have to be wanting to be involved in aversion and blame or fear? Or, you know, if we if those weren't operating, if we're so caught up in them if we kind of stopped and looked around a little bit, and appreciated What's here? Could you be happy more often, just not not because you're, you know, artificially pumping yourself up to be happy. No pumping up. But just because things are nice things. There's things here to appreciate. Appreciate the weather. appreciate being among this has been it's pretty phenomenal. To be in a room full of 30 people here, who for whatever reason, I don't know. They decided to be quiet for the day for the morning. And be mindful, meditate. It's pretty I think it's pretty amazing. To have to be in a company like this mean where else in the world you go I mean you could go to the mall you know there's more people there you can spend time with and be in community with and you know, you could just you know, make sure you bring a credit card and so you have a lot in common with the people there and you can make the clerks really happy. They use the credit card a lot and so it's good to be back in the world make people happy and that's a good way to do it. Right? You could do that what kinds of things but this is kind of special to do

it this way. And it's a pretty neat, so what what interferes with the ability to just open up and look around and see it is kind of nice. It's a nice thing. That happiness doesn't have to be far crackers. You know, fireworks, it can just be very simple.

Buddhist tradition I think puts a lot of emphasis that It's a lot easier to be happy if you don't want a lot of things. And partly because when there's a lot of wanting, it gets in the way of appreciating what we have right here, what's going on right now. And there can be a lot of things to appreciate just, it's could be appreciate that you're breathing, appreciate that you're alive. Appreciate that. All kinds.

So what if the task is not to be mindful? To Remember to be mindful, the task is to remember to be happy. What if they got up in the morning instead of dutifully meditating? You can't be dutifully happy because then that doesn't work. Right? So you're protected, be happy. So then you can you know, as soon as you try to do it too hard due to flee you kind of ruin it. So you have to kind of kind of hold lightly kind of, you know, what if in the morning you kind of got up in your happy? Is it possible or is this free? Oculus so I would like to offer this talk as a challenge to you that maybe it's not such a big, maybe it's possible for you to be happy more often. And but maybe you need to lower the bar of what you think happiness is. Just maybe it's simple appreciation is very light, light, the light. Kind of a simple joy is maybe the maybe appreciation or simplicity of being or one of the forms of happiness that I have at times is when I'm not happy is that I have a practice. I come to really appreciate the practice of paying attention and being mindful of being truthful and honest, and in turn towards what's really happening. And I have a lot of confidence in faith and turning towards Because I've seen if I turn towards and really honestly see what's here. It has a way of working itself out as a way of discovering wisdom and finding a way through it.

And one of the things I've discovered so many times is that my mind has a capacity to be involved in a variety of thoughts, patterns and feelings, that override my capacity to be happy. But if I look at and really see what my mind is doing, instead, see the activity of my mind and that's an activity and learn to put it down or put it aside or, or see past it, that there's a lot of reasons to be happy, to be at ease, to be contented, to be satisfied to be delighted to be joyful to be. I don't know what words might be in trying to use a lot of words, seeing if one of them will land for you. So one of the things you could study, one of the things that's useful to do is to when you leave here today and start walking down the street and this nice weather day, where does your mind go? Does your mind go to thoughts that make you unhappy? And if it does, are those thoughts necessary to have? Do you really need to kind of follow that train of thought and stay in it? Or is it possible in a real realistic way to say well, maybe that's those are good thoughts to have? I need to have that sooner or later. But you know, I have them all the time. I don't need to think that way all the time. How about if I just in my walk to my car, or to the train or something? What if I just enjoy, enjoy this life? Enjoy What's here? What if when you sit down to To meditate, you sit down and you simply enjoy what's here, Joy the body, enjoy yourself. Appreciate yourself. So I would recommend that more important than remembering to be mindful is to remember to be happy to enjoy, to be content to be satisfied. And if you're not, then study that. Look what's what's, what's going on, and see if maybe you can kind of open up and feel like there's more going on than what you're thinking about. And maybe when you take in the more that maybe it's easier to be happy and happiness is good thing.