

# 2014-10-01 You Are Important

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## SUMMARY KEYWORDS

important, practice, experience, walking meditation, virtual reality, apologetically, sitting, infuse, royalty, diminish, present moment, abstract ideas, moment, dignity, buddhist texts, importance, casually, undermine, enter, arrogant

## SPEAKERS

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And it doesn't mean that you practice any differently than how you would normally practice, sitting walking meditation. But it's an attitude or understanding that may be good that can hold how your practice are infused with how your practice and And the idea here is that you are important and how you care for yourself in the present moment how you, your experience in the present moment is important. And to enter into the stepping and the walking meditation or the sitting and breathing and just being here, not casually, not apologetically, not somehow feeling that you are I don't know what second best, or I don't know, or don't even think about it. But I'd rather sit here as if you're important and important person is if your experience is important here, what you do is important to your next step is important that it's valuable. And one of the reasons why it's important is that the only thing at the moment, which is real, is the moment you experience your experience at this time, who you are at this time. Everything else is kind of virtual reality. Anything that happens in the past and the future, as important as those things are, they are kind of virtual reality. And the abstract ideas we have about what's important, what we need, what goes on who we are, what we've learned through our our life experience. It's all there in the background. But there's no need for any of that. to undermine your importance as a person as a being and your experience your life, your way of who you are. And saying you're important is not to say that you now need to be arrogant and conceited and everyone's important. We're all equally important, but we don't want to diminish ourselves. So how would you practice this morning, if you rather than diminish yourself, you're in you enhance yourself with some healthy appropriate sense that this moment is important. Being here and your presence, your experiences important. Anything else that goes on is kind of a virtual reality. So to step into this moment, as if you belong here as if you have a certain dignity and value. There are certain Buddhist texts where The reference point for the text is for the teaching is royalty. So how does how to even walk or set their sense of royalty? So anyway, you might so keep practicing the way you do, but see if that can infuse it with a sense of importance value. Thank you