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SPEAKERS

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Your response reaction to things, that things are not happening the way you want them to happen. This is not what I was planning on, this is not what I want. This is not what I expected, this shouldn't be happening. So this is really important. Because without coming across a circumstance where it's not happening, the way you want it to happen, you're not really going to go kind of go very far in this practice, believe it or not. So you should be looking for opportunities for when the practice doesn't go the way you wanted to go. You should look for opportunities where your life doesn't go the way you want it to go. So that you can sit and really take an honest and direct Look at that, and not see it. You know, and really understand what is this about my, what do I want here? What's my relationship to this once? And why do I? Why do I feel like it has to be different? And maybe it should be different? But why did why am I tying my inner sense of well being, to how these things are unfolding, how these things go. And now there are times when certainly it's completely appropriate to be concerned and responsive to things are not going the way you want it to go. And perhaps you should do something about it. But in terms of really understanding where we get caught, and where we get attached. One of the really great places to see that is when we start feeling this is not what I want, thank you we feel frustrated, we feel angry, we feel sad, we feel frayed all kinds of responses we have or we might do some no responses, we try to fix it. And weeks, you know, environment, try to change it and get it make it better. And it should be different, different. And but when you do this practice, we want it's a really a golden opportunity to stop become still, really look what just happened there. What's going on here. What's the strength of my desires? What is it that I'm desiring? Why is my why'd Why is what I want so important. Is it necessary to tie myself to these desires in such a strong and important powerful way? As Is it possible to have a desire? Maybe there's desires are fine. Is it possible to have the desire with no expectation, or no demand? Or no requiring it, that I have to get my desire. And what happens then is it whatsoever can be a different relationship to desire. So there's no disappointment, and no expectation. And then kind of learn to be with what's happening, when what's happening is not what I want. Because there's no freedom to be found, if the only freedom is found, when it's exactly what you want. And so it's sooner or later, you have to if you're going to follow a path to liberation, sooner or later, you have to sit down with yourself. And a situation does not what you want to have, you have to have a conversation, that to work it out. And, and, and, and you're probably not going to find your freedom, unless the situation wins. If you win in the conversation, the debate, like you know, you're gonna, you know, like, I'm going to fix it and fix it and make it all better and, and prove that I'm right and the situation is wrong. And you know, you know, I don't think you're really going to be free. So you have to kind of allow the situation to win, this is not what I want. And I'll sit here and breathe and relax, study it and try to be wise about it. Try to figure out the wise thing to do but, but learn how not to be reactive and you know, all the different ways that kind of we get caught stuck in and start suffering because of it. Because one of the primary forms of suffering is not getting what you want. So look for opportunities, don't go make opportunities. You know, you don't take a look for trouble. But look, you know, just kind of use your

mindfulness to notice when you're kind of going along nicely and following your own business. And then suddenly, this is not what I want. And you said oh Great Finally, this is what Buddhism wants me to study.

And so you stop, you can and look at it and try to get into the surface of it, trying to understand it. You know, it's, it's, if you're sitting in meditation, maybe you don't want to analyze it and think about it, but maybe afterwards, you know, go for a walk and think about that and explore and talk to friends about, you know, this thing happened, that is not what I wanted. And I don't want to kind of justify my desire. But I wouldn't understand if you talk to me about why I desire what's going on when I desire and what's my relationship to these desires. And why do I have such a strong reaction to the fact it's not happening the way I want it to happen. Study, learn, be interested in that whole world. And as you get wiser and wiser as you see how the magic gets done, after a while, you won't be so enamored with magic. And noise, if you get caught up in the anger or grief or sadness or reactivity, to when things aren't, where you want them to be. Chances are, you haven't seen how the tricks been done. The Magic has been done, how you get hooked, how you get caught, how you, you know, you're understood how you get invested in it, or how you give a grant a lot of authority to what's happening. authority to your desires authority to the meaning of what's happening. And to eventually learn to be in a situation that's not to your desire, not to your wanting, and to read, of your breathing, be easy and relax your belly soft, your shoulders relaxed, breathe easily, completely Cognizant to the fact this is not what I want. That's okay. This is not what I want. And I'm here and I'm breathing. And my sense of presence, my sense of aliveness, my sense of vitality, or peace or well being or my sense of agency or autonomy or something is not tied to the situation, I can just let this be the way it is. So look for opportunities, please. But you might start with really light weights first. You know, you don't go out and look for the big weights, you know, the big, big things that's difficult to do for starting really simple things. You know, it could be as simple as a, you don't really want that light to turn red, before you get across the intersection. That's not what you wanted. And so what's you know, explore it there and deal with it there. Or, you know, someone invites you to their house with a megabyte you to dinner and it's not what you wanted her for dinner. Hopefully, that's a lightweight. And so you get to the inside you say Oh, great. Outside, you say great. But inside, you know, that you're great means great that it's one of those opportunities for me, I get to I get to look at why you know, not what I wanted. You might not want to say that out loud. You say out loud, great. And then you get to look at it and explore it to feel it to look at small and don't underestimate and all of practice that we do that is that small little steps, small little places where we're dealing with how we get attached and caught, suffer. And we work through it and see it really count they add up over time until someday become to the big ones. And then you're prepared. You've exercised, you're kind of understood yourself better and better. And so a big thing comes along and say Oh, I can't do anything about this, but it's not what I want. So now I get to look all the all my practice comes into play now. Okay, so I hope this talk was not what you wanted.

This so um, so now we have cleaning for the center. It's a beautiful thing to do. It's a wonderful thing to care for the place where you're practicing and it's a nice thing to create a place that occasionally feels tidy and clean enough that people come in here it's kind of like encouraging them to be mindful encourages them to be present and have a certain clarity maybe in their own minds. So that thank you for those of you can stay I would like to Maybe three people who have made