

2016-08-17 Practice Notes

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SUMMARY KEYWORDS

present moment, source, arise, beginning, experience, mindfulness, direct, primary source, movements, thoughts, polluted, body, aware, commentary, reactions, buddha, moment, teachings, underutilized, digging

SPEAKERS

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One of the one approach to practicing mindfulness is to have mindfulness help you go back to the source, to the source of where your life begins source of where your response to life, your reactions, your beliefs, a source of kind of your whole live life. Because you can go back to the source, and you can be there at the very beginning, and affect how it unfolds, it's like getting back to the beginning of a spring, to follow the river back, follow the river back, and you get to the spring where the river arises from, and then you can drink the spirit for pure spring water before it gets, you know, dirty and polluted as it goes down the mountain. Or you can, you can understand the source and maybe direct the water in different way and more useful way. So the idea is to get back to the source. And the primary source and teachings of the Buddha is the present moment. And it's your own direct experience in the present moment. So rather than needing to go back to some, you know, historical source and yourself and understand that, and rather than understanding some metaphysical source that's inside of yourself or in the world, they're really their source, the beginning. But the foundation of what we're looking for, is available to us here in the present moment, in our direct experience, how we hear a sound, we see a sight, we feel our body against the cushion, we feel our feet against the floor, how we taste our food, the movements of our body, we're aware of thoughts, how we're aware of emotions and feelings that arise. These things arise in the present moment. And they also sooner or later in, in the context of the present moment will pass away. And to, that's the source, that's the beginning. And that way, the beginning begins, every new moment. That's the source for what follows. And so it doesn't require a lot of digging, or any digging at all, probing and looking, some original beginning, it just kind of being very present to this moment experience. Because if you're really here at this moment experience, then everything will follow from here. And then you have some choice about what follows. What arises, what's next, how do you hold this present moment? How do you step? You do the next step? How do you enter the next moment. So as we're here this morning, you might give some attention to your capacity to be in the present moment, with your direct experience. You all have that ability. And it's an ability, which is underutilized because we often go off in our thoughts past and future, we often get involved in more complex worlds of our analysis and commentary about what's going on. And any analysis and commentary as his origin in some kind of experience, some kind of experience in the present moment. And so we want to come back to that over and over again, that's the source. And so you might this morning, explore your source, in this very simple experience of the present moment, here and now. Great. Thank you.