

2017-05-17 Practice Note Pristine Simplicity of Each Moment

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experience, simplicity, moment, simple, pristine, weaving, interconnected, mind, aware, connecting, radical, sound, connection, occurs, happening, dependent, profound insight, mindfulness practice, present, irritated

SPEAKERS

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And then to say a few words about the practice this morning, it might be possible to divide up our view of our experience how we see or interpret our experience into two very general categories. And it's still been important because mindfulness practice has a lot to do with being present for what's going on what's happening. And so there's two ways of understanding what's happening. One that inspires a lot of people, is to see how whatever's happening is interconnected with a lot of other things. Things arise dependent other conditions. And some people kind of one end of that idea is that you see the causes of things. But even without seeing the cause, you see the interconnected nature of phenomena. The other view is that each thing that occurs, occurs completely by itself. Or to say maybe more accurately, how we experience it, we experience it in its pristine simplicity of the moment, that one experience is just an experience in itself. So we hear the cars go by the sound of the car, we can be aware that, that this sound is arising dependent upon the kind of tires they have, and the kind of asphalt we have, and motor going by someone driving it. And there's all there in the, in how little sound insulation we have in these windows, and there's all these interconnected things to kind of come together to make that sound. Or, or we can just be aware of the pristine simplicity of the experience of the sound by itself. You know, it comes it goes it just just you know, as if it's as if it's a singular event. all by itself, all alone, just the sound of the car. No before and after, no thoughts connecting it to anything else, to see things like interconnected like cars, and the wheels and the roads and all these things, requires a certain degree of cognitive functioning of thinking. And it's a little more complicated for the mind to see it, even though it can be a profound insight. And to just have this radical simplicity of thing, so we sit there and meditate, the radical simplicity of just the inhalation, just a movement of the chest, or the sensations of breathing in, just standing by itself. With no before and after. no connection to anything else. Just, you know, if you're if you're aware of the chest expanding as you breathe in, just aware of the pressure and the tautness and the movement, just each of those by itself as if it's its own, independent, completely unique, special event just here, just this. If there's a you know, if there's an itch, it's the pristine simplicity of just an itch, nothing else, just an itch. Or if you're irritated, or impatient because of the edge, the pristine simplicity of a moment of irritation, how simple can it be, it's so simple, there's not even you being irritated, because that's making a connection with you and everything you think about who you are. Or you might connect it to, you know, if this doesn't stop, I'm okay for a few seconds. But if it doesn't stop until five seconds, this is going to be way too difficult for me. And, you know, and so we're connecting it to the future. So there are all kinds of connections we make to it. But what's it like to just have this simply, it's the, the, you know, the simple experience of itching or simple experience of irritation with you know, not even anyone experiencing it, or doing it just a moment. So I'm trying to I'm trying to convey it's possible to have kind of mindfulness with each thing that occurs, it's seen and it's if

you allow me this kind of hyperbole kind of language, that this simple glory of each thing by itself, the simple kind of spectacular lightness of this moment of experience, no before and after just this, do walking meditation, just this step touching the ground. No before and after. So no idea of going anywhere. No idea of getting anything, no measuring it against your concentration or mindful you are no you know, more calmly, just just the contact of the soul against the ground. Just that pristine simplicity of each thing.

So what I'd like to recommend for this morning if you're, if this is understandable, see if you could, maybe more than you normally would see if you can kind of experience with Whatever is happening in its most simple nature, and was simple or radical, as if there's no before and after no interconnectedness to anything. It's just a moment that's there. And experience. It's just there. And one of the things you might if you really get into it, and can it present, one of the things you might start noticing is, then is, is how the mind weaves things together. The mind is a weaver, of weaving things together over time weaving the interdependent nature of things, weaving, that the making the connections between past, present and future, the mind is a weave weave things together. But the weaving doesn't have to happen. The weaving is just its own simple moment of perfection. Just Oh, look, there's the thread in the needle operating. There's the mind thinking. There's something very freeing about just being aware of this simple. The simplest possible, pristine moment of an experience in and of itself, as if there's no before and after, just now. So, I hope that you enjoy that and not understandable you're welcome to be more complicated.