

# 2017-05-24 Dharmette Arriving In The Present Moment

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## SUMMARY KEYWORDS

traveling, arrive, mind, thoughts, present moment, understand, samsara, concerns, satisfying, operate, happening, grounded, churning, recognize, psychophysical, settled, preoccupations, involved, enhanced, fueling

## SPEAKERS

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So one of the simple aspects of the practice, at least simple to talk about is one of the first tasks, so this practice is to arrive in the present moment to arrive here. And and, you know, where else would you be right here and now where you know what is there to arrive to. But, you know, the mind is busy and active and spinning out and thinking about other things, thinking about other times and places. Rather than being in here, and now, the concerns of the mind have to do with their and then. And so if we're involved in there, and then Future Past, and then we're not really here, we're not really having the mind the awareness, our focus of attention hasn't arrived here. And I like this expression arrived. Because when you arrive is sounds like a lot of work, like you do work to get there, too, you know, I, you know, I riding home. And that's when you kind of set up here, and you set on let go. And so this idea of arriving at the present is a very welcoming idea, at least to me, way of describing it. And in order to do that in a wise way. Our mindfulness practice has a lot to do with understanding all the ways in which we do not arrive. And all the ways that we're always traveling. And in the Buddhist language, in their teachings of the Buddha, he kind of used the language of traveling to describe the incessant movement of the mind. The word samsara nowadays, it's understood is in the people, they know the word, they think it refers to a place the world of samsara that we live in. But the word literally means to wander, to travel. And the mind is constantly traveling. And so if we're thinking about the future, in a sense, we're usually involved in something churning and something reflecting on something, or the minds traveling. If we're kind of reviewing the past, it's kind of moving and churning, and it's traveling, it's wondering. And sometimes it's, you know, if you watch what your mind does, what your thoughts do, it's kind of like one thing after another, it's kind of like, endlessly kind of associated thoughts, new thoughts bubbling up, traveling and these highways and byways of our lives, our plans, our future concerns, and there was always traveling. And so to arrive, is to no longer be traveling. And their place to arrive and is here to arrive here now. And so what are the so but the way to that is to understand how we travel, to understand what's actually going on in the mind, to see clearly the desires that are operating, that are fueling, our preoccupations are traveling, I try how we travel far and wide in our mind, to unders to understand something about fear, and how fear drives us. on and on. Travel. Anxiety keeps us going and going to understand how ill will and hatred and resentment keeps us to be travelers always mind traveling, moving and going to understand how doubt operates. It keeps us traveling keeps us involved and engaged. And so very interesting thing to understand what keeps us distracted, keeps us moving. And that is once you recognize that, then you're recognizing what's here, and a certain way you are beginning to arrive then because when you're spinning out in thought that's always happening in the present moment. So in some ways it can be it can be a very compassionate thing or very on an you

know, not an aggressive act, to turn towards what's happening and recognize this is happening now. This is happening now.

And that movement of recognize recognizing what's happening now is the movement towards arriving here and at some point As the energies of the mind are no longer feeding, fueling, the traveling, the preoccupations the concerns that we have, then the energies of the mind are available to be here to be really hear settled here in this moment here. And it's exquisite to feel that you finally arrived to feel like you've finally harness the mind in such a way that it's not being pulled out into the it's travels, but is able to kind of be settled, composed, or as at ease, rooted, grounded in just being here. And when that's really strong, then there's a feeling inside, that it's actually more satisfying, to be here, to be present to be grounded here. Now, in the experience of the body experience of the breath experience, just recognizing what's happening, it's much more satisfying than getting back on one of those trains dot trains, that sensor sends us off traveling again. And it's possible to watch a very tempting thought arise about something that's, you know, that's seems very, you know, might often feel compelling. See, that thought arises that concern arise. And it's obvious that, to pick it up and get involved, there's a diminishment of ourselves, where we become in some ways less ourselves. Because we've narrowed our focus to something very particular, we've kind of kind of narrowed our preoccupation, where we lose touch with something much wider and holistic, that is here, when we've arrived in the present moment, when we're here and open and relaxed and settled. So it's a wonderful thing to, to finally arrive. And they get a sense of the value and of that. And one of the important lessons from that having arrived, it gives us a different perspective on the thoughts we used to go traveling with, we can then begin seeing, we tend to see them in a new light, that maybe some people have never dreamed of this perspective. And that is that maybe they don't have to be believed so strongly. Maybe those thoughts are not as fascinating as the mind thinks. Maybe some of the thoughts we have are not that important to spend so much time thinking and traveling and concerned about, maybe it's okay to leave them alone, and not get involved in them. Maybe it's actually feels like we're more enhanced, or more full and more complete when we arrived, and I really here so that all our psychophysical functioning can operate together in the present moment, and not with blinders on not with the narrowing, to end fixated on some thought or concern that we have at the moment. So rather than being diminished, by letting go of some of the thoughts or concerns we have, there's actually a way of being we get enhanced by that letting go. And there's a way that we recognize that when we're really caught up in our thoughts, that's when we're diminished. Even though that may be might be the world we're most familiar with. And that's the world we think that everything is supposed to happen and unfold. So it's a radical thing to learn to arrive here to really be present and to learn to have a no longer being caught up in the thoughts and thoughts and activities we have. And to see the world through those filters. So it's a process, it doesn't stop, you know, automatic and to do that. And I think it's a very supportive to do that. Not as a, you know, direct attempt to just be here. But it's much wiser to understand, first understand what prevents you from arriving? What are the forces that keep you traveling? By understanding those well, and seeing them well, then coming into the present moment is done in an informed way, a wise way, as opposed to trying to force oneself into the present, which just doesn't really work so well. And so, to arrive, here, and now we are it turns out, you've always been it's pretty good. It's very satisfying. So thank you and

So now we have the 15 minutes or so for