

2017-06-21 Practice Note A Timeless Present Moment

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SUMMARY KEYWORDS

hurry, mindfulness, timelessness, sense, timeless, sit, practice, presence, mindful, present moment, present, sittings, coming, lots, meditating, life, part, believing, idea, minutes

SPEAKERS

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And then, to say a few words about the practice. One of the very interesting topics of life of wise life, is to look at what our relationship is to time. And are we ahead of ourselves believing in the future? Kind of even just a few seconds? Are we a little bit ahead of ourselves? And what's going on? Are we behind? Are we What is it like to be in the present for us? What kind of time exists in the presence. And one of the things that I very supportive of this kind of practice of mindfulness is some sense or sensibility of not being in a hurry. Being in a hurry, and being mindful doesn't really work very well together. It can, in some circumstances, if your mindfulness is quite strong, but I don't call it being in a hurry, then you can do things fast and quickly, and be very present very mindful. By I don't think it's possible to be in a hurry. And be mindful. That movement from being fast to being hurried, involves some kind of loss of attention, some kind of being preoccupied and caught up in ideas, including ideas of time and how little time there is or deadlines that are coming. And when we're practicing mindfulness, it's nice to try to imagine that as your practice, you're practicing in outs outside of time, that there's a kind of timelessness in the present moment. And as if you have forever and this idea of of timelessness and forever. Sometimes it's very interesting to do that. When you have some real challenge, say you're sitting and meditating and your knee hurts, or you're having some difficult feelings coming up. You can ask yourself the question, What if this was forever? What's the like? What is it? What is it to be not in a hurry? To have the uncomfortable things in life go away? but really to have it be part of the timeless presence? As if it can be here forever? What if it was here forever? If it was going to be here forever? Where would the adjustment be? Would it be with the discomfort which can't go away or we'd be with you. So this idea of timelessness, what happens in that the interface and that consideration, part of what it does for me, the idea of not being in a hurry and kind of timelessness of the present moment is, then there's lots of room to take time to get to know something that's going on. We're not trying to be ahead of ourselves, we're not trying to hurry along, to get somewhere to attain something to get rid of something to push something away. But there's lots of time to show up lots of times for take time for things to be there. And to show themselves to us. We're not going to hurry, you know, whoever can get to the end of the breath, this will win. The whoever can get the end of next step is you know, who's gonna win the grace, wherever is going to, you know, so there's no hurry. We sit for here now that this morning, we have these two sittings that are 45 minutes long. And it's not a competition, we're all going to get to the end together, those 45 minutes. So to kind of enter that time as if it's timeless. So you might try this morning, if this makes sense to you at all. To see if as you do walk meditation as you come back here and sit as you maybe go to the bathroom or have tea or do whatever you're going to do. What would be like if the feeling of the sense of being mindful in those activities, had a sense of timelessness as if this activity is forever, this moment is forever. And you're here for this eternal moment. As you put your foot down, touch the floor, whatever it might be. See for that sense of

timelessness of the present, might strengthen and open up the mindfulness that you have. And also maybe let it be more uncomplicated. How you are with whatever is here. There's lots of time, lots of room for whatever is here for you to experience and be with. Thank you