

2017-12-06 The Ideal Vs What Is

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SPEAKERS

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There's an interesting distinction that can play out in this practice of mindfulness. And that's the distinction between the ideal and what's actually happening. A variation of that is a difference between what we think supposed to be happening, and what's happening, or where we prefer to be happening, and what's happening. And when there's a distinction or a difference between what we hold up as the ideal, or we think is supposed to happen, or should happen, and what's actually happened happening, then the choice in doing mindfulness practice, is to always choose the actual that's where we pay attention. That's where we pay attention to that's the doorway into some deeper insight, deeper understanding way of being. So we don't have the ideals have the role in human life. But we're not spending too much time looking at it or waiting for it or trying to make it happen. But rather, what we're doing is remembering to come back to what's actually happening. And if it's not what you like, okay? It's the door into some deeper connection, some deeper meeting, meeting of yourself, what's going on for you more deeply into find your peace, find your freedom, find your deeper understanding, with what's actually going on. Some people are blinded from the present moment, by excessive concerned with what should be happening or what they want to be happening or what is supposed to be happening. And so they're kind of always looking for that or looking into the future for what it's going to happen. Or they're just complaining, because it's not what it's supposed to be or something. Or sometimes sometimes people live in the past. Once upon a time, I had a really good meditation. And this is not a good meditation now. So this doesn't count. This is not important. This is not really where it's at. And so I don't really have to pay attention. I just have to wait, maybe next time I come to meditate, it'll be better. And so the idea of, there's very many ways in which we kind of veer away turn away from what's actually here. And the medium of mindfulness practice and the deepening of mindfulness practice, practice, the strengthening of it, is to really to turn in a qualitatively engaged wholehearted way to be present for what is actual, independent of what we think we would like what it should be. And that's the way forward. So as you stay here today and practice here, you might be a little bit attentive to how much you might be operating this one way or the other, with the ideas of an ideal or should or a preference. And notice how it might actually get to keep you a little bit removed from what's actually happening. And if you have the choice, turn your attention and be fully present to what's actually happening. And be wise about what's actually happening. Be a wise person with what is not a foolish person, about what isn't. So, now you enjoy your day.