

2018-10-17 Practice Note What Is Real Right

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real, mind, moment, simplest possible way, quietness, opinions, quieter, meditation, connect, teeny, repeatedly, mindfulness practice, embodied, quiet, momentary, continuity, idea, judgments, question, stream

SPEAKERS

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And so to say a few words about the practice, sometimes it's helpful, very helpful to think of mindfulness meditation and mindfulness practice in daily life as being something very simple. And so not to think it's complicated not to think you have to kind of build up a lot of concentration or have a lot of continuity and kind of really make it some big project. And so a very simple idea is just in the simplest possible way. Let your mind become quieter than it happens to be at that moment. Just whatever degree means to just do the quieter just like you're going to listen to a sound outside. It nuts is a little bit faint and you want to know its own and you kind of like put aside for a moment you know your thoughts and concerns of the day or the future or something just to do listen to the To say, go quiet, kind of so you can listen. And then ask the question for yourself in this quietness, what is real? That's all, what's real right now? A variation would be to ask what is true, but that lends itself the word true will lend itself to kind of opinions about what's going on. Yeah, this is true that you know, it's true that what's true right now Yeah, it's true that politics is a mess. You know, okay, so we established that Thank you. But, but if they ask you what is real right now in this in the quietness of right here? what's real? what's real for me right now? And real for me, and I don't know how your vocabulary real has a real sense of being connected and being embodied being Hear in this moment, it kind of is. It's going below that level of opinions or ideas or judgments about what's happening. But what's really real for me at this moment, and it could just be a very light momentary touching in or going in that direction of it, maybe you don't know what's real. But just they asked me that question. What's real right now kind of connects you to something a little bit more, deeper inside or fuller something than the stream of what you're thinking about. If you do that repeatedly, and no operating principles repeatedly, you'll be a changed person. And repeatedly, it might mean maybe as little as a once a minute, sort of 45 minute meditation you do it 45 times. Wow, how often do you connect to what's real in ordinary life 45 times in an hour. And maybe you'll do it more often. But you know, just let the mind become a little quieter than usual. And what's real right now. And then if you can breathe with that, or if you're walking meditation, just walk with that little bit, and don't have to hold on to it. Don't feel like you have to kind of work at it. Just at some point, you ask the question again. And you enter into that space and ask again, quiet the mind that teeny teeny bit, just do. Don't be too ambitious, but quite the mind means just a bit, just a little bit more than you are. That's all and then what's real, as if the in the quietness, what do you have access to, in the quietness of the mind? Because an opinion would be in the noise of the mind as you're more thinking. So I hope you enjoy being discovering what's real. Thank you