

# 2019-01-02 Practice Note: The Moment Is Here

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## SUMMARY KEYWORDS

moment, constellation, important, newness, convention, define, universe, sense, carry, starting, step, celebrate, factors, vipassana, idea, equinox, warranted, jettison, janice, part

## SPEAKERS

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So, to say a few words about the practice, I'm very cognizant of the fact that it's the beginning of the new year. And when I think about this new year thing that we do, I often think about arbitrary it is just a social convention. Because it doesn't Mark any astrological event. You know, any important. This is not like the solstice or the equinox, or it's not like the new moon began or you know, it just, it just it's a confused I call it calendar time because we're celebrating this end of December, which in Latin means the 10th month. You realize that, so we're kind of confused about this whole thing. And now we're in you know, the god Janice is coming along nicely. And so it doesn't make Anything, you know, doesn't make any sense in the real world. But it makes a lot of sense as a convention. And as a convention, we like to celebrate the newness beginning of something. And that's a kind of maybe a human trait to look forward to the beginning to something new and started, get a fresh start and maybe kind of put put behind us little bit what happened and kind of look forward in a nice way. It makes a little bit of sense to do it at a time a year when we're moving towards the light. So it makes a little bit of sense that way. But I wanted to say that this idea of starting new is a powerful one. Partly because the idea that it's not new Every moment is a rather unnecessary idea. It's an idea that we carry with us. It's a that also is a convention. And we carry a lot of baggage with us into the next moment into the next moment. And we carry certainly memory memories and ideas and expectations and projections into the future. And we carry a lot of ideas about ourselves, as if we're some kind of fixed entity and we know who we are we define ourselves by something. And we have our concerns and preoccupations that continue from the past to present into the future. And we're sometimes very caught knows. And, and so what we're doing is often work, keeping the old or staying in the old, much more than probably is warranted. And part of the function of Vipassana mindfulness practice is to be able to least temporarily put down the old and be able to see this moment as new. That every moment is a complete new beginning. Never before in this universe, at this particular moment ever occurred before and will ever occur again. Never before in this universe has your unique experiences. Moment ever happened before, and will never happen again. Never before in this universe has the constellation of factors that make you up, kind of come together in the same way ever again, and then never come together before in this way. There's a lot a lot of constellation of different factors that come together, to construct to inhabit the human being that we are. And we tend to select certain parts of it, to define ourselves, certain parts of it as being what's important about who we are and what goes on and where we're going and we want and what happened to us and to let go of the old and be able to appreciate the newness of this moment. And to sense it and feel it and even savor it as something valuable and precious is important. But not to not necessarily to throw away or jettison the old and everything else. But there's a fascinating thing to do. I think I find that fascinating. And that is to take a moment, regularly and every moment to appreciate that just now, this is what it's like to be alive. Just now this is what it's like to be a human being. This is the experience of

being now. And it comes with thinking about the past, having concerns. It comes with defining ourselves in certain way. It comes with emotions, and all kinds of things, legacy of all the things going on, that come together. And those are part of it. But we don't define ourselves by any any piece of it.

We just see it as this as a constellation of factors that arise that present moment and then ability to step back or get the overview See, it's all in this present moment phenomena, as opposed to be in the gravitational pull of anything or cotton, anything are concerned doesn't make anything our enemy. Got a problem you have also stuff that you carry with you. But Wow, to step back, say, wow, this is what's the new now this old is contributing to the newness. Now this is what it's like to be alive this moment. If you could do that with greater, greater enough clarity, you're not going to be caught by anything. You'll step back and go, wow. All this stuff. Amazing constellation. Maybe kills right? Maybe this moment is a completely unique and new moment. I might as well be here for it fully for the whole constellation and do ready for the next moment being a complete different, completely different one. So as you do your practice this morning, you might see it with every breath. You can take that as being a whole new moment, a whole new self whole new lived life. every step you take in walking meditation, it's everything whole universe is new. It's all new. It's all starting over again. This moment, what is it new. So you don't just make the new the new year. See if you can make every moment now and appreciate what happens as you do that. Thank you.