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SPEAKERS

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So one of the characteristics of Vipassana mindfulness insight practice is that is its simplicity. There was an Indian Vipassana teacher said, if it's not simple, it's not vipassana. And so to always keep it simple, and you can even ask yourself, you know what, what's a simple thing to do here when I'm meditating or how to be simple here. And not to make it complicated, like a big engineering feat that you're trying to make something happen. And, and so for example, if you're sitting, meditating with your breathing, just just breathing, being so simple with your life and your story and your goals and everything, trying to do with yourself. There's just too much but right now, the simplicity of just breathing. Or if you're doing walking meditation, just walking into enter into this simple possible way of being present with just the experience of walking, nothing more, nothing less, nothing complicated, nothing esoteric, or, or sophisticated, except that so that allow your attention, your awareness, your being, to settle in and just just be with a walking, that's all needs to happen. So this idea of just being with the body breathing as you sit simplicity of that, just being with the walking will highlight to you all the ways in which you don't do that. You can't do that. And that's part of its function. So you see that you don't have to be at war with that what those things I take you away, but sometimes it's just helpful to remind yourself The simple comeback is simple. Sometimes if there's a lot of distraction or agitation or feelings emotions going on, then simple would be okay I guess I just going to be simple now with my agitation, simple agitation, just agitation. Just be almost like you want to be the agitation just be in the middle of it as simple as you can. Okay, this is the way it is now. And I'll just be with simply with this very, very simple, just be agitated, but nothing to solve or fixed. If there's a lot of thinking going on, here is a being here's a body mind. That's thinking a lot, just to be really simple with it. Nothing to judge or to think out but just just simple. And one of the ways of supporting the simplicity of practice is in fact to use as a little kind of reminder, the sage yourself the word just whatever you're doing just just just sitting, just walking, just agitated, just worried, just remembering just planning. But to say that just not to kind of go along with it exactly. But not to stop it either. But kind of to just kind of open wide the attention and recognize and feel sense that here at this moment, this is what's happening. And if you could sense it and feel it, be with it more widely and broadly, rather than just thinking more about it, you know, then you stay simple. So as you go through your walking and sitting this morning, you might see if you can experiment with how simple you can be with here and now in the present moment. The simplicity of just walking Just this step stepping, just this foot stepping just this hand opening the door, just this you know, whatever it is just this just and I hope you enjoy just being simple. Thank you