

# 2019-07-10 Practice Note Consciousness

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## SUMMARY KEYWORDS

conscious, consciousness, mindfulness, amazed, mindful, capacity, granted, float, teeny bit, nourished, work, natural, flip, pure consciousness, coming, morning, rest, appreciating, amazing, practice

So to say a few words about

the practice, to maybe support you who the morning

is the medium

for doing mindfulness practice is our capacity to be conscious.

And one of the really amazing things to do here is to be amazed that you're conscious,

to not take it for granted. We have a few moments to be alive. And one of the things that characterizes human life is being conscious. And it's an amazing ability. It's

it's probably a very complex ability, though some people have a sense of the simplicity of pure consciousness

with a coming together of perception

Sensing all the different factors, amazing thing that we should be even be conscious. I love the idea that we are nature conscious of itself.

We're not separate from the natural world, from the universe, but somehow this universe evolved so that it's aware of itself through us.

And, and it isn't so much that

we practice mindfulness so we can be conscious. I think we

wake up to being conscious, conscience conscious, then we'll be mindful.

And if we put too much effort and work into being mindful, you might not kind of be resting or appreciating or being nourished or being inspired or being amazed are being supported by this natural capacity.

Have doesn't really take any effort on your part to do, which is to be conscious.

And

kind of like if you're, you know, if you learn to float on water or you maybe can flip over in your back and just kind of stretch your arms and does maybe take too much to just float sometimes, especially in sea water.

And

it's possible to do the similar thing with consciousness kind of.

If you take it as figuratively this idea that we, we do this kind of big turning, we flip over and, and we can arrest by then consciousness. And you might try that today. This first to be, don't take the fact that you're conscious for granted. And it's so easy to do if you have a lot of things to think about.

That seemed more important, but what could be more important than being conscious like a treasure

That you have

to take it for granted. And then maybe if you're inclined to be amazed, or being amazed is too

far away, maybe you can be partially amazed.

And then see if you can rest or open to or allow your natural capacity for consciousness to be there so that you're in the, you'll be in the present moment, then that's the only place you can be if you're with consciousness. And then then then mindfulness follows, as it doesn't have to be so much work. Maybe just a teeny bit, but not much.

So may you may be May this be a morning

inviting in the wonder of your being conscious. Thank you.