

2019-08-14 Practice Note Razor's Edge

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SUMMARY KEYWORDS

razor, edge, story, mindfulness practice, backfire, present moment, future, meditation, fall, retrospective, succumbing, car, mindful, someplace, aware, coming, narrow path, letting, commentary, abyss

SPEAKERS

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To say a few simple words about the practice. There is this idea that mindfulness practice is riding a razor's edge. And, and it's kind of interesting metaphor for it. And the Imagine walking, you know, there are these ridges in the mountains that are very narrow path and it's like a cliff on either side. And I've been in places like that. And so you're walking on this razor's edge of the and the razor's edge is partly the razor's edge of the present moment. And he is not to fall into that big abyss called the past or fall into that big abyss of the future. And most people are in the Abyss and you know you fall off you'd luckily you'll fall without a bottom. If you're in the past, you know, bottom defaulted with your falling in the future. There's never never any bottom but it just goes you know, it will go on forever can go on forever. If you're getting in the phone, the best of the Future but the razor's edge of the presence. But another part of that razor's edge is the edge between a stories and their story making mind, story of the past or the future, but also the story of the present. This means that x this means this is happening or someone just I did walk in meditation and someone just walked right in front of me, this means that you make up a story. Sometimes some stories are true, and some are not but make up story. You know, this means that they're mindless, and they should be mindful here. And so you made up a story. They should this is a they should be mindful and they're not and therefore that's bad. So you fallen into a different abyss. But the razor's edge of not making a story and story about yourself. I just missed that exhale. I didn't was not aware at all that I just exhaled. I am disaster For the Buddhist mindfulness practice, I hope no one noticed that that's a story that you made up about yourself and putting value or criticism for what you're doing what's happening is a story. And, and you know, some stories are accurate enough and some stories are certainly quite inaccurate. And some stories are just a waste of time. And so for do mindfulness practice and rise, ride the razor's edge of not succumbing to a story not coming into commentary, judgment in staying just so simply and pristinely in the present moment and not letting yourself kind of fall into the stories into the past the future. And so this razor's edge of the present moment is not meant to be someplace you're tense, but it's meant to be someplace that you're relaxed, but to be attentive, that you don't forget You know that you don't fall into stories into the past in the future, at least for these few minutes that you're being mindful. There is a kind of dedication to just hear this razor's edge of the present moment with this experience. One way to fall off that razor's edge is called a retrospective thinking. And that means that there was just a car that backfired outside. The Razor's Edge would just be aware of bank retrospective thinking it would be, I wonder what kind of car that was. And I wonder if I should have a car like that. And now you know, I don't drive a car that has big bangs, and they should know better than coming fast pass to Meditation Center and letting it backfire. I should write a letter. So you know. So the idea of the razor's edge of the President, you wouldn't actually go into that commentary and stuff. just just just experience It's just experience and to have that that razor's edge as a reference point can be quite educational. learn a lot about yourself in

there. So may you may your Razor's Edge be quite comfortable. Have a little flat top so you can just walk. Thank you