

Tuesday Guided Meditation

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I'd like to explicitly bring into the instructions today mindfulness of our notions. But as a prelude to that, I'd like to say that this idea of being in the present moment is meant to point us to a simplicity and a clarity of our connection to the present moment. Simplicity, and clarity, and seeing, and knowing, feeling the present moment. And I say that because the way that we can be aware of the present moment, the way we can know it, the way we can feel it, it often comes along with a lot of associated attitudes, moods, beliefs, stories, but sometimes they're quite subtle. It can be as simple as we're aware, we know what's happening. But in the background there's a subtle feeling of, I don't like this, or a subtle feeling, I want more, or I'm not doing it right, or this is perfect, God of me, something.

There can be an association that we don't see how it's entangled and meshed with the knowing and the seeing. That there is fear, there is aversion, there's doubt and indecisiveness. And so it's one thing to be in the present moment. It's one thing to be present, aware, mindful of the present moment and have that mindfulness be simple without it mixed in with a lot of other things. Clear, clear. And so one of the things we're trying to do here is to discover what a moment of clarity is, a moment of simplicity, simple awareness is.

And I'd like to offer you, in one means, what the big use for this simplicity. It doesn't take long. It just takes a minute. And that is to... Maybe verbally, some people are visual thinkers and maybe they're saying, you know, it's like what's better, it comes up simply. But in the simplest possible way that you can to name the experience with a note, it doesn't have to be elevated to the point of being a note. It could even be a non-verbal knowing.

That is to clearly know something particular in the present moment, where that moment of knowing, that moment of feeling, that moment of being aware, is the only thing going on that we give yourself wholeheartedly, oh, I've heard now I'm a little bit cold, well, I'm comfortable,

but I'm a little bit cold. A moment of knowing would be... Cold. I did it. I succeeded. That was a successful moment of mindfulness. It wasn't tied into some idea that mindfulness could continue so many times a moment.

It was supposed to be a little bit better than better. It was, you know, since I did it, it wasn't really the real thing. And it was just, oh, a simple ordinary, innocent thing of your own way. You might say, cold. And in that same call, it's so complete and so its own thing that it's not really connected to other things. It's not doing it in order to something else to happen.

But if I say call, if I'm really aware of a call, then I'll be free. Or then I'll be this way. Then I'll accomplish something. That's already entangling beliefs, ideas into the same moment of awareness. But to say simply and fully, cold, acknowledgement, recognition, that right now that's all there is. There's a moment of saying cold.

It could also be a moment of feeling the cold. Just for this moment, cold. Without for or against, because it's so wholehearted, so complete, in that little moment, cold. So with emotions, for example, it could be that we maybe got impatient with what was going on this morning. You don't have a problem with the impatience. You don't favor the impatience.

You don't justify it. You don't condemn it. In that moment, very simple moment, the momentary mindfulness, impatience when you feel in the body, impatience. Now it doesn't have to be with a verbal, but it could just be a moment of clarity. I mean, I like very much the word yes, as the nut. The yes, it kind of just keeps it really simple, just this.

I also like the word just, just this. So it doesn't have to be actually going through the exercise of figuring out the right word or the right name. Just this one moment, and in that beginning to appreciate, there's some semblance of a freedom, some semblance of being independent from others being known, some sense of freedom or spaciousness or simplicity or clarity that it's not entangled or caught in a lot of other things. It's not involved in that moment. It's not involved with the past or the future. It's just what it is.

So at this moment, it's no longer cold. Part of my body feels warm. Warm. That's all. And my hands are still cold. Cold. I feel settled and solid sitting on the cushion. Solid. Settle. It doesn't have to go anywhere or becoming anything.

It doesn't have to achieve any great thing. It's just this simple moment, this. And it can be particularly useful with emotions to do this, because it's actually very powerful for our whole psychophysiological system to be known. It makes a difference for us, I think, if someone just says, you know, hey, you, versus they say, hi, and say your name. There's something different happens with the casual, uninterested in you, versus they say to your name clearly,

fully, respectfully, simply. And you feel like you're just clear, very clear recognition of who you are, with just being there, maybe without any baggage, naming what's happening within us emotionally.

All has the same effect. It's really a gift in this clarity and simplicity. For each emotion, for that instant has permission to be there as it is. It doesn't have to be any different in that moment of knowing. And you can feel a little bit of the spaciousness, you can feel the allowing, you can feel the universe there. And to make this little bit more deeper, this way of knowing is happening all the time.

You don't have to add, it doesn't necessarily have to be, you might in the beginning need to practice it, but you're practicing what to realize, it's always there. There's always this very simple recognition, knowing, feeling, sensing that might be there before the mood music, before the stories, before connecting it to before and after. And we learn relationship to emotions, to doubt them, to feel them as they appear with this generosity and this respect that it's okay to be there. There's nothing to condemn, nothing to affirm in just a moment. And the power of mindfulness is, as we recognize this simplicity and clarity of knowing, and we do it repeatedly, here. Yeah.

And sometimes that memory can't. Can be very specific to a particular thing. And sometimes it can be broad. I've often used those two words here as a way to ease into the simplicity and clarity of here and now. You don't have to go searching. You don't have to go building.

Just here. You allow here to be as it is, and know and felt. Now, that maybe frees us from before and after, just now, and let that be simple. And to slowly begin to appreciate our capacity to be simple and have a clarity of knowing that we're here. And if things are not so clear and not so limited to just now, then to practice clearly knowing, not thinking. Thinking is a fantasy or entangled or reactive.

And we're always looking for that place where the sinful label, the sinful knowing, the sinful thought, the very way we say it to ourselves, the very way we allow it to arise, feels wholesome, feels healthy, feels like a good bed. We almost have to be benefited from saying it this way. Maybe it feels kind or compassionate. Maybe it comes from a deep source. It's not the thinking, the knowing, that's entangled with the activities, stories, the surface mind, the survival mind. From the sea source of the life.

Here, now. Breathing in, breathing out. Stillness. Thinking. Breathing. Body. Helping. Vibrating. Pleasure. Breathing, connected to breathing.

And you might find that this borders on being nonverbal, nonverbal knowing and find later

your way of being in the presence. It's never simple, it's clear. That's okay. Just know it as such. Not fair, not simple. No non-clarity, clearly. No non-simplicity, simply. It would know a simple and clear, but if I create openness, space for what follows to arrive into the present moment, like opening the door for something next to be felt strong, better, clear, maybe it's the same thing that you just noted, but you're now more open for it to be known.

Each simple moment of knowing is not a conclusion, it's a beginning into which the next moments can arrive. Each moment of knowing, feeling, sensing is like the push. If we're pushing a scooter, then the scooter rolls along for something that needs to be pushed again. Each moment of simple fear knowing, which is like a scooter of clarity, simplicity, openness, to know and feel what follows. And feel it's good to know again. Maybe simple, clear, dull, and momentary knowing. Can feel like a relief. No reactivity meeting. Go need to do anything, fix anything. Or figuring out if what is known is allowed to be as it is for a moment it is known, helped clearly.

And the practice practice of clearly, simply knowing is deliberate, intentional, but it opens the door to gliding into the next moments where that simplicity, clarity of knowing and feeling can continue for a little bit without it being deliberate. And then when you can do it again, in a gentle rhythm like gently, pushing, ducking your foot on the floor on the ground so the scooter slides along. And then as you hear the three rings of the bell, see what it's like to have a clear knowing and recognition of the sound. And then that clearing, receding, the ringing, all the way to the end. So, thank you. First one was quite soft, so maybe in the back of your...

I've been on a retreat. I've been so involved in my stories, so involved in my stories about my feelings, that I didn't recognize how it was being changed by the retreats. I didn't recognize how it was becoming calmer or settled, and that the mind was becoming clearer. It's useful to recognize these things, not to be distracted from it. It might be, you know, this third or whole day, that you're being changed now by being here. Maybe there's more simplicity of being.

Maybe you're more subtle, a calmer. Maybe you're kinder. Maybe you're more connected to yourself. Stay close to that. That's also part of the present moment. The simple knowing of those states is good because it's all inwardly in.

If you know it without greed or aversion, without wanting more and more, wanting it different and wanting it to do something for you. Just a simple moment of recognition of knowing. More than each deliberate act of knowing, it's soft. It seems like it comes from someplace safe and comforting, meaningful inside. But still, if it comes from the usual places of reactivity

and storyism, of knowing, going through our path, knowing and agitation, I have also been on retreat. I am most distracted from knowing my agitation by being involved in my agitated stories, ideas, and assertions.

But it's also possible to know agitation. Very simply, you have me agitation for a moment. Maybe it's clear. And then it rushes in, there are activities, some more stories. And then you do it again, agitated. But it's not meant to be a rapid staccato knowing.

It's meant to be a kind of knowing that's spacious and open and kind of has a feeling of it. It's just the doors are opening. So you're available to know and feel what arises next or how the very same thing continues. So you're staying close in to this one place where you can feel what's happening, you can know what's happening, you can be aware of what's happening. Whether it's deliberate, or whether it's post-deliberate, the continuity, the continuation of it. But you're staying close to simplicity and clarity, and the clarity that comes is invaluable for how this practice unfolds over time. So today we're seeing the second half of you, and so are you.