

Friday sit with instructions

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Dharma. Dharma is found in living life. We live our life with each breath, with each beating of our delicate heart, with the vitality that courses through our bodies, animating our senses. The vitality that animates our emotions, our thoughts, and wherever we go, we bring with us the Dharma life. Dharma is found in the living, how we live. One of the ways of maturing in the Dharma is to develop a heart that is not in conflict with anything.

It might be a heart that doesn't support everything, doesn't go along with everything, but the heart that doesn't close down, doesn't set up resistance. A heart that doesn't see anything, doesn't make anything into a conflict, almost as if the heart is soft water that things can move through, touched by the moisture of kindness, the moisture of care and love in this hearts of ours. Without barriers to the heart, without hardness in the heart, there can be no conflict with anything, and all things can pass through and be moistened by the love, goodwill, kindness, compassion. Imagine what your life would be like if your inner love was the moisture that nourished whatever touches your heart, whatever comes through. Part of Dharma practice is to live with a heart that has no barriers. No edges, no limits.

A heart that is not limited by self-concern, self-preoccupation, self-definition, a heart that's not in conflict with any ways in which we are. And all of us, all of ourselves, whatever arises, that too is moistened by the goodness of the heart, even what is difficult within. In unlimited heart, unbounded heart, that in being unlimited is as large as the world, large enough to hold the entire world in care, in love, compassion. Even if part of you can't do that, the heart holds that too. And the practice of *satipaṭṭhāna* is partly to go deep inside, so the Dhyadapthan side gets turned inside out, and the heart that was on the inside becomes the heart, the sensitivity, the openness on the outside, everywhere, without conflict.

So, and as we sit this sitting, if you're at all inclined, let the radiance of your heart glow, flow outwards into the whole world. Let it radiate without limit, without resistance, without the

burden of concerns about me, myself and mine, a free heart, is so much more than any way in which you can think of yourself as a self. May the openness of your heart encompass this room with the people you've been practicing with, with the people on your screen for the online community that have shared your virtual room. In the stillness and quiet that's here, may the radiance of your good heart be continuous with the space, the silence, the openness around you. And with an attitude or words or feelings, let your ability to be well-wishing, let your goodwill spread beyond yourself into this room, into this community at IRC and online, wishing everyone well, wishing well to everyone in this community, knowing so many others, including you and their well-wishing, kind of joining of love in the collective space all around us.

And to whatever degree, there's love or goodwill in your heart. To that degree, maybe there's a sweetness or beauty in your heart. And with that sweetness or beauty, to understand that in this community there's also suffering, and to sweetly care for it, a sweet compassion. Compassion that doesn't give birth to new limits, new restrictions, to new conflicts with what is uncomfortable. A compassion that says yes to accompanying others in this unlimited heart and for this open heart, to also accompany those who are experiencing happiness and well-being, peace and a kind of Dharma aliveness as an appreciative joy that says yes to accompany people in their happiness, to include it in the boundless art.

And in those times when it's difficult to have goodwill, compassion, appreciative joy, may we keep our hearts open. May you keep our hearts wide and limitless? So those people too are not a reason for conflicted heart. All things are included. Say yes to an equanimous love. Things don't have to be the way you want them to be, for the moisture of our love to include all beings.

And if there's any tension or tightness in the heart, to let that relax, allowing the heart to settle, to drop a level or two below. A heart that has unlimited care, simple, ordinary, and universally useful. Care, *anukampā*, for whatever the heart touches, for whatever is touched, whatever touches the heart, respecting all things, all things that is worthy of our heart's care. Letting your insides be outside, radiating, touching, being with all things as they appear, being with them with love, care, compassion, goodwill. To be mindful, first and foremost, you're alive, as are all other people who live right now. We are here on this planet with our shared life, shared aliveness.

And may our aliveness be unlimited, not limited by conflict or greed or hatred. May we live with an open-heartedness of an unlimited heart that has a sweet yes to accompanying others in this difficult life. May we accompany ourselves and others with a sweetness of unlimited

care and love radiating into the world. May all beings be happy. May all beings be safe. May all beings be peaceful. And may all beings be free. And may we each contribute to this possibility through our ability to have unlimited awareness, attention that harbors no conflict, unlimited love that harbors no conflict.

So, today is the last full day of the retreat. At least in this form, a day before it becomes unlimited as you carry it into the world. And you've all been on retreats before and know how you navigate the end of retreats. So each of you are going to have to be considered, considerate upon the best way to be here. It's usually not best to hold on to the whatever you have here at all costs. So you might consider sitting, meditating less today, maybe having more tea, walking in the grounds more, sitting on the deck and looking at the sky, being a little more active.

For those of you online, same thing. She might want to shift a little bit how you've been. Maybe you can spend some extra time being very simple, cleaning, organizing places of your home that you normally don't get cleaned. Might be a nice kind of transition thing to do. That way when the retreat's over, your home has evidence that you've been on retreat. And for those of you here, what option that you have, if you want to be a little bit more active, mostly in a silent way. There is an optional period at 1.45, during that sitting, 1.45 to 2.30. If you'd like to be part of a cleaning period of IRC, kind of some of the basic cleaning that gets done, what's called work days here. And if you'd like to be part of that, that's a nice way of integrating and be more active, that you can sign up on this sign-up sheet on the door downstairs. There's a spot for 12 people.

And it doesn't have to be that many. It could be more, but... And Corbin and Joe will meet you in the dining room at 1.45. And hand you cards with... Explain how to do things, and there'll be simple things to do, but things that usually don't get cleaned or taken care of around here. And so as you, so if, so only if you like, if it supports you to do that. And they're all things that don't have to happen, so it's okay.

And then this evening or this afternoon for the Dharma talk, we'll do a, instead of a Dharma talk, well because of the nature of this retreat and the that going through a larger transition than usual, we'll do a question and answer period with Inez and I at so at four o'clock. And hopefully we'll do it in a way that's harmonious enough with having been on retreat. And then at 7.30 this evening, we'll gather in here again for the last period of sitting or kind of formal time. We're not done together for the kind of more closing kind of things. And at which point, at that point I'll give a little bit longer talk than usual last evening of the retreat. It'd be like a longer Dharmet. And for our Saṅgha online, I'll meet with you this evening. I think it's at

6 or 6.15. 6.15 for a question and answers with you. So all of you, please take good care of yourself today and do what you feel you need to do in order to care for this transition.

And if the optional collective cleaning thing is not like your thing to do, if you want to do a cleaning, you can like do the cleaning deepest ever cleaning of your room. Every little corner and under the sink and whatever. Just so you have a little more active and engaged. So thank you, take good care.