

Wednesday evening reflections

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As we come to the end of this sitting, I'd like to suggest that you do a little reflection. I'll first tell you what the question is to reflect on, but then I'll tell you more about how to do that reflection. Think about what went well today for you in the practice—what went well? The way to reflect on this is maybe a little different than how some people would do it. Many people are oriented towards having special good experiences. That good experiences are good, and bad experiences are bad.

That it should be easy and inspiring and wonderful—that's what's good. That's what goes well. You did it right, you did it wrong. Instead, it's hard to know whether wonderful experience in meditation is actually good for you. Sometimes it's the difficulties that are really where we grow the most. Any spiritual tradition that does not involve deep personal struggle, shouldn't it be called a spiritual tradition?

It's built into it. So it's not whether you had a good experience or a bad experience today. What did you offer that went well? How did you meet your experience? What wisdom did you have? What response did you offer?

How did you practice with how it went? How courageous were you today? How well did you let go? How clearly did you see what was happening? How loving were you with a challenge? What went well for you today?

That's the question. And in thinking about what went well, no matter how small that was, smaller thing it was, how might it inspire you to give yourself more wholeheartedly to the practice tomorrow? What might you offer so that the practice might go well tomorrow? May you go to bed this evening with appreciation, with contentment, for a day that was well spent, even if it was a struggle. Maybe because it was a struggle. May you go to bed content, appreciative of your efforts here in this wonderful Buddha field, Dharma field, the Vyārc.

May you sleep well, deeply, happily, and may you wake up ready for another day of practice.