

## Tuesday Evening Reflection

**Gil Fronsdal**

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I very much appreciated Hadrian's talk today, especially about how personal it was. She talked about the, including the passing of her husband in the hospital and how it was the last days. And I knew him well, not well, but I knew him enough to love him and care for him. And it was touching to hear a little bit of that and made me reflect a little bit this but how personal the practice is. It's very personal what we're doing here. It's nice to do this personal work in community, and it's kind of like you can't really contract out your meditation for someone else to do it for you.

That doesn't quite work. And there's all kinds of things you don't contract out. We usually don't contract out having someone else eat for you. You might someday have people feeding you, you know, you do the eating. We don't contract out that other people do our sleeping for us. These things are all very personal.

And I use the word personal in a loving way, in a caring way, that each of us is important. Each of us is a wonder of nature. Each of us is valuable human being. And it's a very personal thing to be able to value yourself. I guess you can contract out, I'm getting other people to praise you and say they value you. And if you have a lot of money, you can probably get an army of people saying how great you are.

But it's not so personal. I think to really value yourself and appreciate yourself and your efforts here on the retreat... is something that you can do for yourself. Maybe that's hard. Some of you struggle today, and your meditation wasn't maybe what you thought meditation should be. But it's a phenomenal thing.

The goodness you're doing here, it's phenomenal to be sitting in silence with yourself in this kind of way, where one way or the other we're tapping into ourselves and seeing how we operate, seeing what we're doing, learning about our foibles, their challenges. And it's very

intimate work. It's very personal work. And there's no way you can get through something like this without starting to become a better person, for you to see how you make life hard for yourself, how you can let go, how you can be kinder, more supportive for the best of who you are to begin coming out. And, you know, maybe you don't believe me yet, but it would be nice if you borrowed my trust and borrowed my confidence that this is true. I've been, I've watched people now for 35 years on retreats. So I speak with some experience.

So I say all that to wish that as you go to sleep tonight that you, you know, it's a very personal thing to go to bed at night, to get ready, do the things you need to do to prepare, and to get under the sheets, maybe under the blankets, and put your head on the pillow, and to lay there with maybe your concerns and worries, maybe with your whatever it might be. But please take some time to appreciate what you've done here. There's a whole very different if you appreciate yourself than if that army and people do it. So it's something only you can do for yourself. Play there, be contented. This was a day well spent.

And if you don't believe it, I ask you to trust me. It's a day well spent. And I certainly appreciate what you've done, but my appreciation is very, very different than you doing it for yourself. Play there. Think about the day, yourself, how it went, think about appreciation and good thoughts of yourself and wish yourself well and wish yourself a deep sleep. Maybe some of you can't sleep.

Maybe you wake up in the middle of night. So as you lay there with your head on your pillow, wish yourself a peaceful being awake in the middle of night. Probably you're well fed, probably you'll be warm enough, safe enough. Just lay there peacefully. and be ready in the morning. And maybe in the morning you'll be ready to have learned from today to know how to give yourself to the practice a little bit more wholeheartedly tomorrow, more fully in a peaceful way.

May you sleep well and deeply and I do look forward to our time practicing and meeting tomorrow. Thank you.