

Thursday Evening Reflection

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So as we settle into maybe the last sit of the day for you, maybe not, maybe beginning by just appreciating your practice today, the care you've brought, the allowing what is, the warmth and the returning over and over, meeting the moment as best as you could, just some deep appreciation for your intention, for your willingness.

Maybe dropping the attention down into the heart, breathing into the heart, feeling your sincerity, your sincerity of gentleness, and the intention for gentleness, the sincerity to end suffering, to diminish its influence, and just feeling into the heart in these ways as we practice together.

Perhaps also sensing the support of those around you, receiving their care. Just resting back and receiving your own appreciation, the care of others, as we sit now in silence together.

Before we end this sit, just allow some gentle, loving kindness to rain through your body, meeting the changing conditions with this warmth, raining down, allowing the body to drink in this rain of loving kindness, supporting you in meeting these ever-changing moments with growing care, kindness, gentleness, warmth.

We may not be able or not able to control these changing conditions, but we have this beautiful heart that can relate to the conditions in a wide open allowing way.

Widening our capacity to be with what is moment by moment by moment, reigning this loving kindness through every cell of your body, drinking loving kindness.

And when I ring the bell, it's just an invitation for you to be mindful, wisely, noticing what's needed.

Maybe it's more sitting, maybe it's going to bed, but really attune to this moment, wholeheartedly listening to your body, your heart, and responding in a loving way to what's there.

Rest well tonight. We'll see you in the morning.