

Monday evening sitting meditation with reflections

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So as we begin this final sitting of the day, I want to mention that a saying in Zen, there's a saying that all the ancient teachers, all the great teachers of the past, sat into the evening tired and sore. If it should be that you're tired, if it should be that you're sore, if it is to be that you're sitting into the evening, you're doing it in the company of a vast *saṅgha* of practitioners who have done the same thing, are doing the same thing as you, and will be doing the same thing. And evoking that at the start of the sitting, I hope this encourages you to be more cozy with this vast community of people who share this practice, shared this path. We are, maybe some of us are tired and sore. Maybe some of us are sitting into the evening in a quiet, dark night, sharing something that's been happening at the time of the Buddha. May we gather, cozy in our shared practice.

As we finish the day, most of us... The primary expression of my heart is a lot of gratitude for all of you. Thank you for being here. Thank you for doing this. And I do think back at the stories I've told of the Buddha, where he tells of his own practice and going into the woods to be on retreat, because he didn't have the benefit of an IRC. And he'd go into the woods, but he did it partly after he was awakened.

He did it to be an example for future generations. And we're the future generation, this time. And we're sitting here as an example for each other, for the generations to come. We're doing very profound work, very important work, to meet ourselves deeply, to clarify ourselves deeply, to touch the deepest places in the heart and the freedom of art, and to do it in community. I'm very grateful for this, to sit here with you and be with you.

I hope that as you go to bed tonight, that you go to bed, spending some time reflecting about the goodness of this day, even if it was a struggle, even if it was painful. It's phenomenally important that people do this work. And you can go to bed content with your efforts, happy that you've done well, and look forward to a chance to continue in the morning. May you

sleep well, deeply, safely, with the support of thousands and thousands and thousands of practitioners who are cheering you on for being here. Thank you.