

Friday sit with instruction

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What is it like to be aware without any clinging? What is it like to be aware right now of what you're not clinging to? What is it like to be aware with no pressure, no tension? Even if you have pressure and tension, can you be aware without tension of that? Is there an awareness beyond the edges of pressure, tension, even beyond the edges of the center of attention?

And if gently, lightly, you allow your awareness, you allow your body to be aware of breathing, where can you touch? Where can you feel? Where can you be aware of breathing, with the least amount of tension, pressure? Is there any tension or pressure, contraction, in the thinking mind, and maybe the mind's effort to be aware, that can be softened, relaxed, relaxed? And with the lightest of awareness, to land on the body's experience of breathing and perhaps feel how the inhale begins.

Maybe the beginning, the very beginning of an inhale, can happen without you doing it. It's the body that knows how to breathe, knows to breathe in. Feel that beginning. And with an awareness that allows the whole inhale, let the whole inhale show itself in the movements and sensations of the body, breathing, allowing inhale. And the exhale begins with, maybe it begins with a release, maybe a release that can involve some relaxation, and ride the exhale.

Ride along with the release to the end of the exhale, with the release of the exhales. Maybe releasing the pressure to think, any tension of thinking, letting go of thoughts so you can let go into the exhale, riding it all the way to the end, allowing the body to have its own experience of breathing. We're in the sensing. There's just the sensing of breathing. Maybe not a hundred percent, but close enough.

And then while you're breathing, notice one of the stronger sensations elsewhere in your body, without turning towards it, without moving the mind. Allow those sensations to come

into awareness, lightly, gently, so you can know it and feel it, so it can have its time in the light of awareness, and to the degree you can, sensing the strong sensations of the body, the simply sensations that are known, that are felt. And when it feels acknowledged enough, begin again with your breathing. Maybe with the flow of sensations of breathing being a reminder to quiet the thinking mind, a silent awareness of breathing.

And in the easiest way you know how, or available, in a simple, simple way, feel or sense your mood, emotional state, your state of mind, state of heart, and to the degree that you can be aware of it without clinging, without desires, without stories. What's it like to sense and feel an emotion freely, openly, in the emotion, just the emotion? Maybe to keep it simple, to breathe with how you're feeling. And having acknowledged how you feel, to settle yourself again on the breathing.

And then, without moving the mind or directing the mind, in the simplest possible way, be aware of thinking. Maybe taking a metaphoric step back away from the thinking, so you're not living in it. And gaze upon thinking, without any stories or interpretations, involvement in the thought, just the thought, in the sensation of thinking, just the sensation. And then leaving thoughts alone, settle again, again on the breathing.

The body's experience of breathing, where the body has an intimacy with sensations. Low awareness to have time to be aware of one thing at a time. And if different things become predominant or strong, give a kind of generous time to sense and feel and know. Emotions, thought, mind states, and having an open time to be aware. Maybe there's an open mind, an open heart, an openness, where each thing can just be its own self.

In the sense, just the sensed. In the sensations of breathing, just the sensations. But what aspect of awareness doesn't cling to anything? What aspect of awareness has no pressure? No burden of thoughts, ideas, awareness that's free of time, past and present. Just now.

Allowing the simplest form of awareness to be where you rest, the simplest way of knowing, sense-sensing, as these occur in their own way. And if there's some place inside that is strongly identified as the doer, the experiencer, strongly influenced by what's happening, how simply can you know that? Is there a way to be aware that that experiences that's part of the peace, beyond the edges of identification, the edges of pressure, beyond the edges of suffering?

The Buddha taught by a radical way of leaving all things alone, not making up stories, not being caught in desires and aversions to what is, the generosity of letting each thing be itself, without adding anything to it. In the seen, just the seen, in the heard, simply the heard, in

the sensed, simply the sensed, in the thought, simply the thought, in recognition, simply the recognition. If you thereby are not entangled, involved, defined by what is, you won't be in it. In a certain way, you won't be here.

In the simplicity of awareness, there's freedom, freedom from suffering. In this simplicity of knowing and sensing, there is no time, except for the time the mind makes up. So there'll be no bell ending this meditation. But some of you should know conventionally, so we can find our way together. This day is known as Friday. This form of here and now is known as 9.15. 9.15.