

Presence Instead of Aboutness

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And then to offer you some kind of suggestions for your mindfulness this morning, I still find it intriguing, this idea that most of people's lives, much of my day, in some way or other, is caught up with... That's where I'm concerned about something. Right. And the way we kind of see that is if you're involved in thoughts, thinking a lot about things, most thoughts are about something, about the weather, or if you're going, or about what you're doing next, or about some issue you have in your life, or something that happened yesterday, or about some fantasy, or about... It's always about something. Because thoughts usually need some image or some story or some thing that you're involved in.

So I like to say that many people live in a world of aboutness, which is not really the heart of the world. And so who are you when you're not about something? When you're not giving yourself over to something else, some concerns, some objects, some thoughts, something that is... And the alternative to aboutness is to be present here for yourself. It's the to be aware rather than be about. And if you're aware, then you can be about yourself.

Then you can be yourself. If you're thinking about yourself, you're not really yourself. You're not really fully engaged or embodied or centered here for yourself. And so you might, maybe this little description of things, maybe it's enough to suggest there's another way to live a life for these short time we have here, next two hours. That's not mediated through your thoughts so much. Maybe your thoughts are only used about encouraging you to be embodied, to be present, to bring a certain presence or inner attention.

Kind of a silent awareness of sorts, an awareness that the way that you would be aware without thoughts, well, how are you aware when there's no thoughts? You might still have thoughts, but it's a different reference point for how to live our life, in the lived life. So live life rather than think about life. Thank you.