

Lunch Instructions

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So as people become more familiar with mindfulness practice, more skilled in mindfulness practice, they begin recognizing that it's not so much that they have to keep doing something as it is they're allowing something to grow. They're allowing some kind of capacity for present moment awareness to grow, to develop, to become stronger and fuller. And often people begin practice with a lot of ideas of what they should be doing. It's like an exercise. They do it, they approach it like they would almost any task that, you know, have to get through it. Ideally, you go through it quickly.

You know, it'd be nice if you don't have to do 45 minutes of meditation. You get, just do it in 10 minutes because you have important things to do. But the idea is that they were growing into a very wonderful way of being alive, very satisfying way of feeling like we are at home here in this world, in our body, in our place right here. That it comes from the inside out, that we're affirmed, we're recognized, we're allowed to be in a full way without reactivity, without being caught in the world of aboutness, which often can be a world of opinionatedness, a world of ideas and judgments and projections that we have. And so it does involve a kind of shift, though. We are shifting something.

And so not so much shifting what we do, but shifting where we base ourselves, shifting the center of gravity, of where we live. So I'll give you a few examples, especially on a retreat like this. You might be a little bit calmer than usual now, a little bit more intimate or more feeling, a little bit more connected to yourself perhaps. Okay. And we could just finish now, you know, ready to go for lunch. And so it might be reasonable at the fastest possible speed.

You should go find your phone and check what the latest news is and what the scores are and what's happening, you know, just like, you know. You have a lot of things you missed in these hours. And you have to catch up, but there's one hour to catch up. And you try to do as

quickly as you can. And what happens then, you very quickly lose the calm, the subtleness, the kind of clarity, the kind of maybe being more intimate or connected to your body.

So a shift to be made during this hour of lunch is you might try to, your activities, what you do during lunch, try to be silent if you can. Try not to talk. Keep it kind of contemplative, if at all possible. If you can, don't look at your phone. That interrupts some of the continuity we're building here. But try to go through this next hour at the speed of mindfulness.

And what that means, do things at the kind of speed to do it, that you don't lose touch with yourself. You don't get pulled into the world of thoughts, pulled into the world of your screen, pulled into the, you know, doing things so that you're not in touch with yourself anymore. You're not present for yourself anymore. Right? Go about so there's some modicum of presence, of connectedness, of in-touchness, of awareness with what's going on. Some, just enough in touch with yourself, you recognize when you lose calm awareness.

And your awareness has now become agitated. Your awareness has now become speedy. Your awareness is now jumping around. Your awareness now is lost because you have all kinds of important things to think about. Two things at the speed of mindfulness.

Another way of maybe doing it, maybe related to that, but just give you another option. Go about this lunch hour, staying close to calm clarity, whatever that might mean for you. Just let that be part of the environment, part of your ambience. It's kind of like the light was turned off, dark. Someone turns on the light. And now, wherever you go, now the light is on.

Wherever you go, that's the experience is being mediated through that light. And you're not losing touch with that because it's just there. You don't have to. But you're not thinking about it. You're not relating to it. The same thing with calm clarity.

That's like a light switch that gets turned on. You turn on the switch of calm clarity. Okay. Don't lose touch with it. Let that be the ambience. Let that be the atmosphere.

Let that be the light with which now you navigate what you're doing. What would that be like? So either do things at the speed of mindfulness where you don't lose touch with yourself, you don't lose touch with awareness, or, and stay close to this calm clarity. And notice when you lose it, which you will. And then begin again.

Begin again. Begin again. Beginning again is a huge part of this practice, and it helps if you begin again calmly. So, we'll take an hour for lunch. So it's now 12:15. We'll start in here at 1:15.

And some people have been there before, so they know we'll set up tables and chairs in the outer hall. If you think it's warm enough, we can sit up.