

## Tuesday Evening Sit and Reflections

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There is a saying that describes the transmission of Buddhist practice down through the ages, the time of the Buddha, and he passed it on to the people he knew, and they passed it on to the people they knew, and that's described as being Buddhism, Buddhist practice, being passed on warm hand to warm hand.

Or maybe we can say... being passed on from heart to heart.

And these good hearts that have somehow transmitted the practice down to us, chances are pretty high that they all sat into the evening.

Late at night, chances are high that some of them were tired.

Maybe even some of them had sore bodies.

But they sat there, and because they sat there into the evening... They were able to then pass it on from warm hand to warm hand, warm heart to warm heart.

The refuges, the meditation, the presence, the life of embodied heartfulness, embodied awareness.

And now it's come down to us.

And we sit here with our hearts and our warm hands, maybe tiredness and soreness.

Maybe in refuge, maybe carrying along the momentum of all these years, all these meditators.

In a way, they sat so you could.

Many, many people wanted you to be here, here in the evening, meditating quietly, finding your way, warming your hearts, warming your hands.

In a known and unknown ways, you will be transmitting it onward.

Thank you for sitting here into the evening.

If you allow your inner life to be quite still, right there, there's an intimacy with all the meditators down through the ages.

And now come to the end of the formal schedule and sitting, I hope that when you go to bed, that you will go to bed contented and inspired what you've done today.

And there's an art to be even more inspired that you sat up late till now, maybe later, even when it was a difficult day.

You're doing such an important thing, what you're practicing here.

And don't be distracted by the difficulties. by how wondrous it is what you're doing.

Thank you.