

Monday evening reflections

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We tend to get the most benefit on retreat when we practice with continuity of attention. I encourage you to allow your attention to rest in the body. Whatever the body is doing, undressing, getting ready for bed, or showering, eating, take full advantage of this retreat. It's a gift you've given yourself, to give yourself so much caring attention. As we go to bed tonight, you might take a few moments to appreciate all the efforts that have gone into this day, all the wise efforts. You can appreciate all of us practicing together in this hall, online, throughout the world.

We can stay close to the practice, intimate, however it is. So I'd like to end the evening with a poem. It's a poem by John Austin called *Awareness*.

Awareness, her gaze is so constant, our every move watched with such affection, a ceaseless vigil without condition or agenda, silent, patient, unrelenting in her embrace. There is endless room in the heart of this lover, infinite space for whatever foolishness we may toss her way. But she is also crafty, this one, a thief who will steal away everything we ever cherished, all our beliefs, all our ideas, all our philosophies, until nothing is left but her shimmering wakefulness, the simple love for what is.