

Reflections

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So I'm very grateful that you're here and grateful that you're doing this practice. And one of the reasons I appreciate it so much is that it's, whether you want to or not, this practice is about you becoming true to yourself. There's a saying in Zen, they say that when you are you, Zen can be Zen. When you are you, then I can be myself. When I am myself, you can be yourself.

And so becoming true to yourself becomes kind of a gift for this world where we allow other people to be themselves. And to do this practice, you kind of can't do it without becoming true to yourself, because anything else gets in the way of the opening, the freeing, the honesty that this practice calls for. And I think it's pretty marvelous to have this practice that helps us become very honest, very much be ourselves as we are, that no one else can really say for you what that is. And that's my wish, is that each of us, in being true to ourselves, can give that kind of a gift to everyone else, that it's easier for them to be who they are.

And may it be part of the gift that we give to this wider world, that sitting this retreat may be for the benefit and welfare of all beings everywhere. And I certainly believe that this is one of the very significant ways to benefit our suffering world, that you're here doing this deep, very important work. And I thank you. And may you feel content of a day well spent, even though you might not. It might not be your idea of what it should have been. It's really good that you were here. And so to go to bed content and happy, you're in a good place and in a good community and I look forward to our time tomorrow.