Trust

Andrea Fella · Notable Dhamma Teachers — Andrea Fella · 45:35

Remembering how simple the practice is. Relaxing supports this capacity of our mind to be present and curious. Just recognizing that we're aware, what is here, what is obvious, what's already available, what's already being received—that is sufficient when the mind has a balance, an interest, a curiosity to recognize it as experience happening in the present moment, as human experience.

Sometimes the practice is so simple we can have doubt or have a sense: Is this working? Am I doing it right? We're looking for some kind of sign or guidepost to point the way or point out that we're doing it right somehow. And so we need to trust, because sometimes these signs don't happen, or we don't recognize that the simplicity of being able to be present in this moment for whatever is here—knowing it as experience in the present moment—that is our guide. That is the direction. What else would be our guide than being present here now?

We open, allowing awareness to connect to now, here. And this is all there is, all that can be experienced. The past is gone, the future not here. All there is, is this moment. Can we learn to trust that being available and present for this moment is our work?

We so often trust something else, some idea about where we should be. We trust our thoughts, our beliefs. As we begin to trust this moment and this moment and this moment—trust not the content but our capacity to be here with it. The content of this moment is impermanent, unreliable. We typically trust holding on to something, clinging to something. And yet the trust the Buddha points to is such an unfamiliar kind of trust: a trust of release, the trust of letting go. That understanding comes as the mindfulness is more established, stabilized. Here. Now. Very naturally.

We are so busy trying to find understanding and insight that we may miss it. Searching—the mind searching—can that be known? Searching. Searching is happening right now. Sensation happening right now. Sound happening right now. Emotions, thoughts, happening right now, known.

And so, exploring this possibility of trusting the simplicity: when the mind has a sense of being present, can be here in this moment, trusting that. Trusting that whatever is being known in this moment, whether it seems simple and ordinary or extraordinary, that is the experience of this moment. And wisdom naturally grows as we trust this unfolding.

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