Awareness and Wisdom Doing their Jobs

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Simple awareness. Just meeting this experience. Just this experience.

Perhaps there's a sense that you're already aware. Experience already known. Resting and receiving.

What is the truth of this moment? What is true right now? Not true in terms of thoughts and ideas, but the truth of the actual experience. Sensations arising and being known. Feelings, thoughts, perceptions arising and being known. What is obvious? Receiving. Awareness receiving. Awareness doing its job.

At times, wisdom taking the lead. Wisdom interested in noticing experience. Sometimes when wisdom is taking the lead, it's not as interested in the objects themselves—in the sights, the sounds, the smells, the sensations, the feelings, the thoughts—but more interested in the nature of the experience. Although sometimes that may be what is being received: the changing nature, the unreliable nature of experience. Slippery, nowhere to land. Or maybe the conditioned nature of experience.

Awareness and wisdom do this receiving. We don't have to look for anything, figure anything out. Just letting awareness and wisdom do their jobs. At times this is possible. And our conditioning, our habits of mind arise at times and resist what is being seen, what is being received. That too is nature. That too can simply be received. Resistance being known. Confusion being known. Wanting being known. Just another arising, also conditioned, impermanent, not-self.

We don't have to wait for some special experience or special state of mind to see the nature of experience. Every experience reveals this. Every experience has this nature: impermanent, unreliable, not-self. Whatever arises has the nature to pass away. Just meeting what is arising.

If we're noticing resistance or wanting, in the meeting of that, sometimes awareness and wisdom just meeting that, they can naturally release without our inclining or trying to do anything with them. A natural release. And at times of that releasing, there can be the experience of ease that comes with that release—of calm, of spaciousness. And that's just the next experience that awareness and wisdom receive.

Sometimes we can rest in a space of release and ease, and then perhaps a subtler kind of disturbance is revealed. Not a mistake. That too can be recognized. Awareness and wisdom doing their job.

After all these weeks of practice, there's quite a bit of momentum of awareness and wisdom. For those of you who'll be leaving in a few days, it's quite likely there are familiar habits or patterns arising. And those can be seen much more clearly with the momentum that's available. So check. If something arises that feels strong, if it feels like it's sweeping you away, notice if you can feel the sweeping. Likely there'll be

much more capacity for that.

For those of you who are staying, you may feel some of the ripples of the energy of the departures. And that too, just an arising, a rising construction that can be known. Check the awareness. Awareness doing its job. So simple.

I notice not many of you have been taking the opportunity. And that's okay. It is a really valuable opportunity—with the level of momentum of practice that's here, to recognize the possibility of being aware with this very difficult object, with the speaking. Just a reminder that it's available, and it is optional.

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