Aware... Just This...

Andrea Fella · Notable Dhamma Teachers — Andrea Fella · 43:32

Aware, with experience as it is.

Sensation arising, aware with sensation. Thoughts arising, aware with thoughts. Whatever is obvious.

Sometimes there is more curiosity about awareness itself, also recognizing awareness as simply what's here, what's available. Processes of mind, processes of body, arising, being recognized as experience. When thoughts, opinions, ideas arise about experience, that too can be seen as just an arising.

In the cognized is only the cognized. In reference to the cognized, there will be only the cognized. Just thoughts arising with awareness.

Whatever is arising, whatever is obvious—there is not a better object with which to understand the Dharma. This experience, just this, as the nature of being impermanent. Not worth clinging to. Just a phenomenon in the mind and body arising. Not me, not who I am, not mine. Just a phenomenon.

Experience arising in dependence on causes and conditions. Simple, just aware. This is what's happening.

If there's a sense of searching, looking for something, trying to find a better experience, or a resistance—that too is something arising that can be known. Searching, looking, resisting. There is no experience that can't be received with mindfulness. That's the job of mindfulness: to receive. It can receive any experience. So let mindfulness do its job.

Sometimes I find I'm involved with mindfulness, trying to see more clearly or connect more fully. When I feel that kind of tension around the mindfulness, a reminder often arises: mindfulness can do this. I don't need to be involved. Letting mindfulness and wisdom do what they do. Receiving just this. Aware.

There's quite a bit of momentum in practice at this point for all of you. Continuing and just keeping it simple. The simpler the awareness, the simpler the mind, the more will be seen and understood. We can get out of the way.

Just continue.

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