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SUBJECT: Nothing to Do; Nowhere to Go; No one to be
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Nothing to Do; Nowhere to Go; No one to be

MP

1-29-12

Our Sangha (Meditation community) had a visitor (Jake) from the Shambhala community in Austin, TX. During the meditation he repeated three statements in closing that struck me as profoundly true and poetic.

Here, Now, In this moment. We have nothing to do; nowhere to go; no one to be." Yes! Yes....yes.

That is it for me. I spend all my time planning what I will do next or go to or how I need to be for others. When all these thoughts lead me away from being truly present and live now. All direct my attention to what I need to add to "me" in order to become better.

I need to DO something.

Our culture is always about more production. More. We cannot just produce what we did last year. We have to produce more. We haven't done enough to be we have to do more to raise us up to good. We are deficient at the moment.

I need to Go somewhere.

We are always telling each other that we lack some experience. Need to travel here. Go hear this person. Go see that. All will make us happy if we experience that.

I need to Be someone.

We internalize expectations of who we need to be for others. We need to happy so that others will not feel sad. We need to be wise so others can gain from our experience. We need to hide our hurt, or confusion, or doubt or weakness so that others will not be challenged to share there on humanness.

What is need is to relax into our own bodies. Relax into now. Trust that what is within is enough for me. For now. For this moment. When we do. Relax. Rest. Here. Now. We can see clearly that what is within is enough. All our hurt and fear, and hope and happiness are enough. Enough for us now. Enough for others. Enough for this moment. Trust that a future moment will be met with the same relaxing into that moment.

I identified with one of the images Jake used was an erector set (very appropriate for a bunch of 40-60s guys). Vigilantly inspecting for loss screws to tighten. Similarly, I approach life with the vigilance. Looking for any sign that will allow a loss screw to show. I keep the version of me appropriate for the situation clearly in view, keeping aspects of me that would mar the performance well hidden.

The practice (meditation) simply is a way to remind us that all the screws don't need to be tightened. I can relax into my body as it is. I don't have to do anything, go anywhere, or be anyone. Enjoy the you of this moment, this body, and in this place.

What is needed is for us to use this awareness to meet all our future moments. Meet others. To allow them to see me hidden rough edges an all. And see them as the complex whole beings that they are.

Chant/meditation inspired by Shambhala Jake's Mantra

*No Screws to Turn
(AKA Shambhala Jake's Mantra)*

Nothing to Do
Here, Now
Nowhere to Go
Hear, Now
No one to Be
Hear, Now

He - - - - re, Now

He - - - - - re, Now

~~No turning Screws~~ *No screws to turn*

Here, Now

~~In my Body~~

Relax body

Here, Now

In this Moment

In this moment

Here, Now

He - - - - - re, Now

He - - - - - re, Now

Nothing to Do

Here, Now

Nowhere to Go

Here, Now

No one to Be

Here, Now

He - - - - - re, Now

He - - - - - re, Now