

What Is Here

(music)

Ask yourself in the simplest way possible, what is here? Maybe where physically what's here, or emotionally, or sounds, what is here?

What is still here? And what is here right now, that is always here? You just check and see. And then you open your eyes, you live your life, then you get curious, and it's, "Oh, I wonder what's here?" Or eyes wide open, "I wonder what's here, what's really here?"

It's a great awareness tool, just in the sense of being aware if you're agitated, or if you're hurting, or emotional in any way of some action needs to happen, but it's primarily a, a retraining of attention to just come to rest.

The attention is by its nature attentive, and if it simply comes to rest, then finally you can ask yourself, is the observing of what's here separate from what's here? Is the experience of an observer observing what's here actually real? When you ask the question 'What's here?'

So simple, it's really profound. We spend most of our lives being told what's here, and then telling somebody what's here, and liking it, or disliking it, or trying to get it to go away, or trying to get more of it. To just take a twelfth of a second, what's here? So simple.