

ENOUGH- Beyond Pessimism and Optimism

December 2009 newsletter

*Listen- Just to be is a blessing.
Just to live is holy.*
Abraham Joshua Heschel

Enough already!

I am tired of all the doomsday talk about climate change, religious conflicts and end of the world predictions.

I am equally tired of all the people who want to put a happy, hopeful face on all the global challenges that we share.

As the New Year approaches, let's do our best to stay free from the grayness of pessimism or bubbli-ness of optimism. Where can we live if we step off this continuum?

One of the liberating experiences of sitting meditation is when one finds that "just sitting" and breathing are inherently satisfying and one feels grateful "just" for being alive. This experience evokes the question: if I know that just sitting is enough, **does anything need to change in this moment for it to be enough?**

*Enough
These few words are enough
If not these words this breath
If not this breath this sitting here
This opening to the life I have rejected
Again
And again
Until now
Until now
David Whyte*

As one deepens into the experience of Being-ness, there is a remarkable discovery- the present moment is **always** enough! The word satisfaction has its etymological roots in enough-ness (satis-enough, facere- to make). How does a moment become satisfying? How do we make "an enough-ness"? The key here is orientating our attention into the simple facts of the present moment. One could call this **giving oneself wholeheartedly to the present moment.**

Imagine that Life is blessing you with a present right now- the sights/sounds/flavors/feelings of this moment. The correct response when receiving a gift is to be there for it- **to be present for the present!** A key to really receiving the gift is **pausing** and taking a break from your unconscious 'self-talk'. This can be called 'stepping off the train of thought'. When we are lost in the stream of unconscious, repetitious inner dialogue, really connecting to the present moment becomes problematic. With practice, this pausing becomes spontaneous, frequent and natural and one begins to live in a shower of blessings.

So as we enter the New Year, I wish you many, many "lived moments". I hope that you can open to the wonderful moments, the ordinary moments and the challenging moments for each has hidden blessings. Beyond pessimism and optimism, there is the simple fact of living, Is it enough?

Happy New Year!