

If you are locked in a dark room, and you have never been outside, it never occurs to you that there is a way out.

You're just in the room, in the dark, and then the light might come on for one second; on/off.

You see there is a door in the corner of the room which you have never seen before. Even if the light goes off again, you are going to find that door because you know it is there.

That's the position we are all in right now.

The light went on in some lifetime, for one second.

We know there is a way out of this and we are looking for that

What it is like outside the room ... there's no way to talk about it.

No matter how many books you read, or no matter how many books might have been written outside that room, they don't make any sense to us at all.

They're in some other language.

We may read those books and think, Oh wow, that's what it's like.

Nope.

You ... can't ... think your way out .. of a room or a prison that's made of thought.

See? You're thinking ... You can't think yourself out of this prison of thought.

We're thinking .. all the time

Emotions come and go .. all the time.

We don't know what it's like without death.

Seems natural to us .. and it is, that's who we are.

The only way to .. effect some kind of switch or change on the whole situation is to practice.

Some spiritual practice.

A spiritual practice is a practice you do ... for no good reason

You don't do it to get fame, to get food, to get money, to get a partner, to get a good car, get more hair, less hair, bigger body, shorter body, taller body ,,

You don't do it for any reason like that, .. because if you have some motive for doing a practice, there's no way you can let go of the thoughts.

You'll always be thinking, this is going to get me what I want.

So, there's nothing wrong with the things we want, nothing ... but when you want to be free more than you want the things you want, it's a different situation.

We don't even know what free means, right ... this is why Buddha came out of the jungle and said, " Hey, monks, stuff sucks ... stuff doesn't make you happy. "

He said it's the first noble truth of suffering.

Meaning ... actually the word dukka isn't suffering, it's a quality of unsatisfactoriness.

Life is never going to be enough, ... as it is.

Because, it's just . it's our thoughts, our emotions, and our imaginings recreating the same stuff over and over again.

You think that next person you meet, you know, that is going to be the one, until you see they don't wash their underwear.

Then it's the same ball game again, you picked the same kind of person again.

So, we keep doing that, in one form or another.

And there's nothing wrong with it, it's just that it doesn't work.

Buddha said, " Nothing wrong with it, but this is the nature of the way things are."

And we keep coming up against that ... and getting unhappy again and thinking that we failed, we're no good at life, doesn't work.

But really, it's just our own stuff recreating that same situation.

The only way to free ourselves from those, those ,, patterns, is a practice, cause you do the practice, you let go of any everything, moment by moment by moment.

We're singing, you might be thinking about something, apt, come back to the chanting.

And that ability to release yourself from the thought, over and over again, creates something inside that is very different .. in quality than we're accustomed to.

And only you know. ... nobody can give that to you.

Nobody has to give it to us, we have it already, that's the joke.