

Gratitude and Thanksgiving

Aloha Friend,

You are welcome and thanks to you for being there. To keep coming back to the here and now, to be awake in the moment, is what I try to do all day long everyday. Sometimes are more challenging that others to try to keep this awareness. I read an interview with a Tibetan Lama in Snow Lion magazine/catalog that I get. It really pierced into me. In the interview the Lama, Anam Thubten, said:

Every moment we either choose to be on the path of awareness or on the path of non-awareness. Either you are enlightened in this moment or not. Awareness is the Buddhamind. When someone lives in awareness, then his or her being becomes a radiance of compassion and love. Buddha spoke of attention as one of the most powerful methods to become free. Buddha was suggesting to pause, to stop and look deeply into the nature of all things. Instead of wandering and dreaming, pause and look carefully and pay attention to everything carefully. When we do that, sometimes the perfect understanding or prajna reveals itself to us - we have the direct insight into all things, simply by paying attention to the depth of all things. We stop and pause as a way of questioning what the truth is, what freedom is. This is an effective method for waking up. Right now in this moment. You will stop spinning the wheel of delusion and see that the truth of all things or emptiness is not so far from us - it is everywhere."

I am glad you are feeling better. Maybe the madman could try a squirt gun, put a photo or statue of an owl by the window (or dress up in an owl costume and hoo-hoo and the offending avians).

Thank you for the mention of Roger Ebert's Journal - I had not thought to see if he had a blog - looks very interesting. I do agree with your thoughts on Thanksgiving - being aware of blessings and being grateful for them is a good thing. It is amazing to be a sentient being in the Universe and there are many wondrous things in the multiverse. Sometimes I experience it as being a flower sprouting up from the Oneness/Emptiness serving as sensor of all the wonders - the Oneness observing itself. One flower among trillions.