Assignment week 4: Time and Meditation

If I concentrate more directly to time awareness comes right into „this moment“. Why should I wait till I sit on a cushion when time and space are always “close at hand”. This awareness loosens the framework of meditation as it points to the essence of it: open up, open up, open up…especially the self image that identifies with me as a practitioner, or “I can`t relax” or “ I have to do it different”.

It´s all part of the stories I tell and these stories are an indication of my limited knowing of time`s everpresence. My sense is that time and space are very intimate together. So when I touch more space, that`s already to touch more time and vice versa. Spiritual disciplines like meditation are helpful as long as they don`t become another “story about” that blocks out time and space.

Rinpoche once said to a student who wanted to leave work for a ceremony:”This is your ceremony”.

In terms of TSK every framework, either called work or ceremony or meditation or other is still time and space and can be known as such. No need to change the setting. Or with other words: freedom is always there already. We don`t need to set up a specific frame for it to appear (although this might be helpful). It`s always time to wake up to time and space and the freedom they are. Life is an ongoing ceremony for that to happen.