

The Naked Simplicity of Being

A Meditation by Adyashanti

(Transcription of: <http://www.garyvollbracht.com/wp-content/uploads/The-Naked-Simplicity-of-Being.mp3>)

Time	Duration	Words
0:00	0:37	Bell – three times
0:37	0:19	Once again we just take a moment to just gather attention in the breath,
0:56	0:23	and transition out of the mind,
1:19	0:42	and remember that meditation, at its deeper level, that it's not really a technique. It's the <u>attitude</u> that's all-important. And so it's useful to have more of a prayerful attitude, an attitude of <ul style="list-style-type: none">• openness,• receptivity,
2:01	0:21	<ul style="list-style-type: none">• where we're letting go of "doer."
2:22	0:19	And also meditation is a simple thing. It's not complex.
2:41	0:14	It's not a matter of getting lost in the imagination.
2:55	0:25	Meditation is to descend to the root of consciousness, to the root of the "I," that ground where the "I" arises from
3:20	0:30	And so we let go of <ul style="list-style-type: none">• all discriminative thinking,• all imagination, and let go of <ul style="list-style-type: none">• following the images of the mind, whatever they may be.
3:50	0:15	We allow ourselves to come into a very simple state.
4:05	0:49	We're opening to <ul style="list-style-type: none">• that sense of silence, of just pure being,• that sacred dimension<ul style="list-style-type: none">• where the sense of "I" stands simply by itself,• where there is no description of what the "I" is.
4:54	0:31	The core of all spirituality revolves around this central question of one's own identity, in the same way that the Jesus story revolves around his identity – <ul style="list-style-type: none">• who he really is, and• what he's really doing here.
5:25	0:35	So the spiritual life at its core, at its root, at its most simple – is opening to the deepest core of our identity, our sense of what we are.
5:50	0:38	Meditation is to <ul style="list-style-type: none">• enter into that Mystery,• not to define it,• not to capture it, or• talk about it, but simply to open to that silent abyss,
6:28	0:27	that still ground from which the "I" arises, and into which it subsides.

6:55	0:30	And so meditation is the <ul style="list-style-type: none"> • act of relinquishing, relinquishing ourselves • into that silence, • into that mysterious core of being.
7:25	0:45	And we find our way by the thread of intuition. One feels their way more deeply into that stillness, simply by the act of listening, listening to what does not make a sound.
8:10	0:53	And in doing so we relinquish ourselves, we relinquish all of our defining characteristics – where in the end they are just surface thoughts, dreams, phantoms.
9:03	0:52	And we open to that silent abyss where thought cannot go, where you must go nakedly, with no thoughts of yourself, no struggle, completely letting go of all your cares,
9:55	1:15	as if you're letting go and sinking into the bottom of the ocean, into that abyss of silence, into those still waters.
11:10	0:28	And if you're very still you'll feel that subtle pull, that pull that travels along the thread of your intuition, that subtly and silently pulls you into that depth.
11:38	1:05	And nothing is required but to let it pull you.
12:43	0:22	And so you relinquish all resistance.
13:05	0:53	And you are silently led into that still ground, into the calm waters, where many have gone before you, and yet we each go alone, in our own way.
13:58	0:32	And we enter into that core of stillness, that profound aloneness,
14:30	0:25	where the divine thread pulls us into our aloneness,
14:55	0:38	into that place where we relinquish all that we've ever known.
15:33	0:25	And we begin to touch upon that infinite emptiness,
15:58	0:35	that ground of being that has no bottom.
16:33	1:27	We are led into our simplicity, deeper and deeper.
18:00	0:49	And as we give way to that ground, to that still, silent place, all of our masks are pulled away, all pretense left behind.
18:49	0:24	And we enter upon that ground and that nakedness, the nakedness of spirit,
19:13	0:20	having left all knowledge behind, all definition.
19:33	1:47	We can begin to enter into our true form, into our nakedness of spirit.
21:20	1:15	In the depth of that ground, there is nothing to hold onto, nothing to sustain.
22:45	0:24	And in the depth of that solitude we begin to receive our true being,
23:09	0:14	not as something that can be grasped or defined,
23:23	0:22	but simply as that simple ground, that light of freedom.
23:45	6:15	We receive what no one can give to us, and we receive what we can never lose: <i>the naked simplicity of our true being.</i>
30:00	0:30	Bell – three times
30:30		End