



Becoming the flow
is living simultaneous birth and death

Letter 21

Seeing Change and Entering the Flow

Let's continue with our investigation of change.

There is only Now, the ever evolving, changing, ungraspable Now. This is where life happens, where it takes shape, where we give meaning to it. This Now is precious; it's the only thing we have, let's make good use of it, right now. We can do this. How? With awareness, being fully present and aware – with love, humour and whatever we wish to express and share.

This elusive present moment is the moment where our life's purpose is fulfilled or not. In this very moment we live the qualities that make our life meaningful – or we don't. Our practice is always now! This might sound frightening, but it's simply true – and actually it makes everything very easy: we only have to take care of now.

Let's practice with happiness, let's practice with suffering, with the pleasant just and the unpleasant. How? By being aware of its very nature of continuing change with an open heart mind, not resisting change, but learning from it how to be in the flow, how to become the flow in the most beneficial way. Let us be a flow of those qualities that we truly wish to live – love, deep understanding, joy, simplicity...

So let's be joyful about change which makes everything possible and gives us an unending supply of situations to practice – moments of opening, appreciating and letting go, to be ready for the next experience. And let's not forget the nature of change; change strikes quickly and takes away the present without any mercy.

Change does not wait for us to wake up – we have to wake up to change.

It's part of my daily practice to contemplate change in every aspect of life. I start with noticing constant change in feeling the body. From there I continue with noticing the quality of change in the experience of hearing. Then I look into seeing, tasting, smelling and thinking. And finally mind becomes aware of its own dynamic, changing nature. Awareness turns towards itself, and what remains is the constant flow of being aware.

What I just described is the overall process of contemplating moment to moment change. But to make it accessible to us as a tool of practice we have to break our investigation down into little units.

Exercise: *Start with one single experience in any of the sensory fields, for example one single sound. Take a longer sound that continues for a little while, like a singing meditation bowl. Strike the bowl or listen to a car passing by. But this time do not listen to the bowl or to the car – look at the experience of hearing itself! Discover how hearing is a constant process. There is no single moment of hearing the sound: it is an ongoing process of hearing from the beginning to the end of any sound and the process of hearing does not stop just because the sound stops. In that experience of hearing there is no separation between subject and object.*

We repeat this again and again with all sensory experiences until we enter a deep “seeing” of the process nature of life that makes us enter the unified experience of flowing awareness.

With heartfelt wishes for all of us becoming the flow of unified awareness,

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