

Finding a sense of urgency

For most people by far, the most prominent hindrance to spiritual practice – although not the most obvious one – is procrastination. Meditation is so often the thing that can wait until tomorrow. When did you last think, “I must just sit and do nothing”? Sure, sometimes we are desperate for quiet or space, yet the tendency is often to look for these outside of ourselves, which is of course easier (but less fruitful).

Often spiritual practice is the last thing on our list because it is considered to merely be the cream on the cake or the cherry on top; or in other words, usually in turning to spirituality, we are seeking to put a spiritual gloss on our lives; but this is just spiritual materialism and it is simply barking up the wrong tree, because all true spirituality has a renunciant flavour: It's about letting go. Letting go of all the things that don't really matter.

The traditional way to counteract this procrastination and instead seek a sense of urgency is to contemplate death. However many people, getting nervous about this topic, tell me very hurriedly, “There's nothing you can do about that!”

But in the light of our mortality we are drawn to re-examine our lives and see what really matters.

I offer this for your reflection.

Ajahn Kalyāno
<http://www.openthesky.co.uk>