

Practising with a sense of humour

The experience of letting go is one that can make us laugh with joy and subsequently poke fun at our attachments. In fact it can show us the way to a whole new kind of inner teasing. Let's call it Dhamma teasing.

It can get our pride to clean the loo or it can compare ourselves with the monkeys at the zoo.

It can get us singing in the rain or playing insane.

It can wave roses under all the bastards' noses.

It can search for the clues and convict our deepest blues.

Don't worry, it will take us skipping through the park not swimming with the shark.

And for all this we can still call ourselves serious Dhamma practitioners.

I offer this for your reflection.

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