

DAY 6 - Journal Entry

Leaving back home today.

Woke up this morning at 5 30 am first and decided to snooze a little till 5 45 am. Just laid in bed for a couple minutes and go present and just contemplated who was it that has trouble getting up?

Realized it's not me who has trouble waking up as there is no me, its the mind created self. The happening was that there was an intent to get up and watch the sunrise, the happening happened but the mind added the me for a split second by showing that it will be nice to sleep more.

If was totally present right away and not get trapped in mind space this dilemma of a me needing/wanting more sleep wouldn't be there as the intended happening was to see the sunrise. Nobody is going to see the sunrise, it's just a happening.

This might get confusing if you haven't started questioning and dis-identifying with what you are not, but this is what keeps showing up over and over so unless it's a delusion, it must be true.

Went to the dunes and sat for the sunrise.



Sit #1 - 45 min

Basically in this sit just observed the beauty of this experience and allowed it to be without needing or wanting anything from this happening. The mind was quite active but kept being aware and alert that all there is is experience without a me in it. It's all just happening when can be totally present.

Was getting distracted quite often with mind stuff though, things like wanting to take pictures definitely more than needed and just because it was leaving day and had to pack everything.

Kept getting present for the most part, but didn't have any deep insights.

End of sit.



After walked back to the campground, prepared some breakfast and decided to just focus on being meditative in the whole process of packing and doing anything. Not being a self, but just the experience or happening that was going on in each moment no matter how tedious or not fun the moment seemed to be.

First prepared breakfast and felt as if was fairly calm and not rushing, although it would have been nice if slowed down a little more, but wanted to get things moving.



Sit #2 - 1 hr 30 min Packing - (tent and all things)

Used the packing portion as a meditation as it had to be done and it was a perfect chance to implement this into actual activity.

Felt relaxed and not needing to get things done in a hurry or for a certain time. Had aimed to get out as early as can be without any panic. Was a good thing this was the case because things took quite a while, especially because it poured one night and the tarp that was put under the tent was all muddy and took probably 30 min to clean off as it was windy and not that easy to remove. Noticed maybe a slight hint of annoyance temporarily, but was aware of it in real time and just allowed the situation to be how it was without anyone being there, but rather just the experience.

There was a tarp and it was dirty, that is all.

Eventually, all was finished and actually, the experience was quite enjoyable because there was no one there to rush or need things to be otherwise, all was just happening. There was much peace.

End of sit.



After packing decided to go take a shower and continued to just be mindful in all that was being done. During the shower didn't rush to get out quicker, just enjoyed the happening how long it had to take it did. It too was nice to just be so relaxed about this type of thing.

After the shower decided to go and have a final sit on the dune near the campground overlooking the water before leaving.



Sit #3 - 30 min

Just used this sit to soak in all the beauty that was being experienced and how miraculous it is that all this is existing. Was truly grateful for this magic everywhere.

At times the mind wanted to hurry up and start getting a move on it, it wanted the timer to ring. Just allowed it to be and observed all from a distance without being attached to anything, even the mind stuff. Didn't pay much attention to it and it quickly dissipated.

At the end of the sit just did some om chants just cause that's what happened. Didn't plan it, it just felt right and nice. Was able to get deep into the chant and that kept the mind away for some time.

Left the park with tons of gratitude for all that was learned and experienced here and all the teaching that were received just by being open to truth and the present moment.

End of sit.



Got back to the campsite and made some food for the drive back and was on the journey home.

During the ride the mind was chattery, but just observed it mostly from a distance without needing for it to stop and it eventually kept silencing, but then again after some time, it kept trying to reclaim the attention. Kept focusing on not creating a self and allowing the journey to be how it was (if it took longer, that was fine. If it was boring, that was fine). Kept observing and focusing on being alert. Wasn't easy to stay totally present, but kept focusing as best as possible.

Eventually go home and unpacked and used this day to just relax and not need to do anything.

Noticed though that the mind has a bit of a backlash for all this work that was done on the meditation retreat and is consuming and wanting to do more unconscious things to try and gain back a bit of momentum and control.