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UNDO ALL EFFORT



*In every moment
of real practice,
your effort undoes
the need for effort.*

Suppose you feel trapped by financial lack. You feel anxious. Your gut clenches. Your mind reels into a jumbled knot. You feel miserable. You don't know what to do.

First, you can feel exactly what you feel: the physical tightness, the mental racing, the emotional anguish. Breathe these textures of closure in and out of your heart. Then, feeling *as* these textures, heat them up. Actually feel your feelings becoming hot, and evaporating. For many people, it is easier to learn to open while heating the texture of their closure to evaporation. Eventually, you no longer need to heat up closure. You can simply feel fully, and as the feeling's texture, open.

As the feelings open, feel *as* the openness. Be openness, feeling openness.

Resting as openness, feel whatever you feel, as openness. Feel any remaining tension in your belly or thoughts in your head as textures of openness. As openness, examine your situation, make decisions about your career, and devise a plan of action to put your financial life back on track.

If you lose this openness as you plan to carry out your actions, then practice feeling your closure fully. Feel and breathe its texture. As the closure, heat it up and open as its texture, feeling whatever you feel as openness.

Eventually, this entire practice takes place instantaneously. You notice closure, and open. Openness abides—for a while. Again, you can notice closure, allow yourself to *be* closure, then, feeling as closure, heat it up and open.

You can practice opening in every moment. In truth, you *are* openness. This is why such practice is instantly and deeply effective: you are only *doing* what you *are*.

Practice is absolutely necessary, although you are only practicing what you *are*. Suffering is the felt difference between what you seem to feel and what you would be feeling if you allowed yourself to feel what actually *is*.

In other words, you are habitually *doing* a feeling of closure. When you practice to feel as openness, then the habit of closure is undone. In truth, you *are* openness, always. Even the entire moment of seeming closure is wide open, now and every now. Feeling as openness is simply feeling what is true, although you have habits to the contrary.

Suppose you are with your lover but you feel closed, separate, alone. You can practice to open. You can look into your lover's eyes and try to feel into your lover's heart. You can practice to connect heart to heart, so your love feels your lover's love, even through the closure-mood of the moment. You can allow your breath as one with your lover.

Breathing as one, feeling as one love, you are doing openness. In moments of real love, you know this is true—you *are* open as one. You and your lover want nothing more than to live as this truth, to live this truth through your bodies, to merge together and open as one, to feel *as* each other, alive as one love, even sexually.

This intuition of open oneness is at the root of your deep yearning. If you are dissatisfied with your love life, it is precisely because, deep down, you know how open love can be.

You and your lover may be afraid to be open, afraid of being hurt, afraid of opening without a story, without a future or past, without a drama or strategy

for self-protection or self-worth. Yet you yearn to open as one love, and so this tension defines your life. The difference between your true openness and the closure you do creates the necessity for practice.

Practice, then, is simply to *do* what you truly *are*. In any moment of effective practice, the need for practice is alleviated. You realize that you *are* what you were trying to achieve or create. You are openness, alive as love.

Every moment is a cusp. If you abide as openness, then what *is* also seems to be. If you miss this mark even slightly, you slide down the slope into apparent problems. Love seems to be separation. Openness seems to be closure. Spontaneity seems to be effort. And yet, all the while, opening as what *is* instantaneously reveals the truth.

You *are* what *is* right now, you are the openness of love right now, even if your lover is screwing your best friend. Practice abiding open as the cusp of this moment without clinging to a single experience for a millisecond, lest you initiate a vortex of clench. This practice of abiding open as the form of every experience—opening *as* the texture of jealousy, opening *as* the texture of anger, opening *as* the texture of deciding to get a divorce—this practice can be lived naturally, loosely, yet relentlessly.

Opening as the cusp of this moment, all is as it is, wide open. Clenched as the vortex of clinging, grabbing onto that, pushing away from this, openness is forgotten in the swirl of edges. Your lover did this to you, so you are going to do that back. Your bank account is low so your gut contracts and fear motivates your career choices.

From the vortex of clench, all thoughts and actions beget further clench. Open as the cusp of this moment, all thoughts and actions emerge from depth and open without a trace. As you are. As this moment is.

Practice undoes itself open.