

## Wherever You Go, There You Are

— *Pip Carr*

- I was asked once - Greatest advice I've ever received...
- Browsing in Waterstones - Title of a book
- "Wherever you go, there you are." – REPEAT
- Might not mean that much to you upon first hearing. But rich and deep advice in so many layers.
- The first is to emphasise "wherever you go, "THERE" you are."
- You've all probably been told to be present before – what do you think that means?
- There's a term that I coined as a tool to help us in this mission - 'microdharma'.
- Has anyone heard the term Dharma before?
- Purpose / duty
- Usually applied to lifestyles
- Idea that you'll only find true satisfaction through fulfilling that purpose.
- What does it mean to be a student?
- What does it mean to be a father?
- What does it mean to ruler?
- So what do you think the term Microdharma means?
- What is your purpose when eating a meal? Drinking a glass of milk?
- What is your purpose when having a conversation with another person?
- What is your purpose when making a pen in the wood shop / Sweeping Dana porches?
- Give the person next to you a pat on the back and silently wish them well – deeply inhabit that feeling. What is your Microdharma in that moment?
- You will find satisfaction by acting in accordance with your Microdharma.
- It is the remedy to boredom, to existential angst, and to this feeling of being fragmented that is so common in the 21st Century.
- If you notice that you're bored / unsatisfied in a moment, it's probably because you're doing something with your mind that isn't aligned with your Microdharma.
- If you investigate hard enough, you will find that boredom and dissatisfaction are really just failures to pay attention to the present moment.

- Something that can be learned through meditation – awareness of breathing and bodily sensations creates a gratitude and awe simply for the fact of ones of own consciousness ...and that means that life is very fulfilling.
- If you can bring this attitude of Microdharma to whatever you do, you'll have a very joyful life.
- Which brings me on to the second way this phrase can be interpreted.
- Wherever you go, there “YOU” are.
- Your mind is the basis of every experience you are ever going to have – therefore it makes sense to train it.
- What do you think it looks like to have an untrained mind?
  - You want the wrong things!
  - You feel like something needs to change for this moment to be okay.
  - You hop onboard trains of thought without paying attention to what the mental landscape might be like when you get off.
  - You create unnecessary turbulence in your life, and in the lives of those around you, by emotional overreaction.
  - You're unable to put your attention where you want to put it.
  - You are bewitched, in a way, by things that don't really matter to you.
- Wherever you go there you are - If you are the type of person who is always looking for reasons to be dissatisfied, you'll find them.
- Buddhist parable of an old wise man by the side of a road. A family from some distant village has had to leave their town, and they're searching for a new home. They stop and ask the old man what the people in the next village are like.
- He replies “What were the people like in the town you have travelled from?”
- “Boring, incompetent and weird... we didn't get on well with them at all” was their response.
- “Well unfortunately you'll find the people of this village to be quite the same – you had better move on to the next”
- The next migrating family came along - “what are the people in the next village like ?” Again the old man answered “Well, what were the people like in the town you travelled from?”

- “Gentle, funny and kind... we had lots of friends and were sad to have to leave them behind”
- The old man replied, “Well you’re in luck! I think you’ll find the people of this next village quite delightful and you’ll fit right in!”
- Wherever you go, there you are!
- If you can learn to live with Mircodharma, you will become the type of person who looks for the best in people and in situations; who is grateful for all the amazing luck you have, and who can find the joy in doing simple things... it doesn’t matter where you are, or what you’re doing, because you will have the right mind to receive the world just as it is (which, whether we like it or not, is the only way that it can ever be received!)
- I’m no expert – I’m still learning this skill. But it really is a skill, just like learning the piano... If you don’t practice this, you won’t get better at it. It’s not something that comes along with age, in fact, it probably gets worse as we become more and more entrenched in our world view and habits.
- I think that you are the perfect age, and that Pasquaney is the perfect place, to be leaning this – tasks and activities to devote ourselves to and groups of friends and counsellors around you to remind you...
- That wherever you go, there you are!
- If any of you would like to learn more about meditation, come and speak to me – I’ll gage interest and work out a nice time to teach you the logic and the basics of the practice.