

## **Retreat with Ven Sudhammacara (November 2009)**

Use of the word attention is a little more precise...the miracle of attention or miracle caused by attention

Check your mind and motivation, be free from anxiety, suffering and fear

You need to do two things: 1. Be honest with your own heart that you are suffering 2. Confidence in solving your problems

Check your mind when you are suffering to understand the nature of your suffering to understand the nature of your suffering...the right medicine is attention...understand the nature of your anxiety...your mind is creating an anxious story but you think it is real...if you think a problem exists then you need medicine but if you check your mind you realize it creates its own anxious story...your mind is creating an anxious story one after the other...you are making your own movie...instead watch the movie!

Cause of suffering exists in your mind...your mind gives you suffering...be free from your mind

Attention to in breath/out breath...when your thinking mind drops you feel peace and joy immediately...the thinking mind prevents you from ultimate reality