



## Trust in the Awareness, by Ajahn Sumedho

“Meditation” can mean all kinds of things. It’s a word that includes any kind of mental practices, good or bad. But when I use this word, what I’m mainly using it for is that sense of centering, that sense of establishing, resting in the center. The only way that one can really do that is not to try and think about it and analyze it; you have to trust in just a simple act of attention, of awareness. It’s so simple and so direct that our complicated minds get very confused. “What’s he talking about? I’ve never seen any still point. I’ve never found a still point in me. When I sit and meditate, there’s nothing still about it.” But there’s an awareness of that. Even if you think you’ve never had a still point or you’re a confused, messed-up character that really can’t meditate, trust in the awareness of that very perception. [!]

Awareness is your refuge:  
Awareness of the changingness of feelings,  
of attitudes, of moods, of material change  
and emotional change:  
Stay with that, because it’s a refuge that is  
indestructible.  
It’s not something that changes.  
It’s a refuge you can trust in.  
This refuge is not something that you create.  
It’s not a creation. It’s not an ideal.  
It’s very practical and very simple, but  
easily overlooked or not noticed.  
When you’re mindful,  
you’re beginning to notice,  
it’s like this.

-- Ajahn Sumedho, from "Intuitive Awareness"