Are We Having Fun Yet?  
Doug’s Lecture 10/3/14

What is fun? When you look for fun, can you find it or does it happen spontaneously? Fun is dependent on expectations. The final arbitrator of value is your own pleasure.

Connectedness, spontaneity, trust, and openness do not change with age. Aging is a state of mind that holds onto how you perceive things. Otherwise at any age you are equally old. Fun is not age related because it is a question of one’s state of mind.

On one hand, one of the elements of fun is joyful, intimate open-spontaneity. On the other hand, today people looking for stress relief are super distracted. Expectations on the first may lead to stress, even a lack of confidence. If you took care of your own neediness internally, you will find (through meditation) confidence, that fundamental ground of stillness in your own state and non-neediness. That appreciation from the other will never happen anyway and you don’t need it. If you had a confident state and could share your totally confident, shared existence, there is nothing that you can get. Be really aware, still, and confident in your inner ability to not be so needy. Then, relating to others will always be fun. You are choosing to hang out in the spontaneous enjoyment of their existence. Just their existence is enough because you do not need anything.

Otherwise, you are not relating, but only projecting. Empty so you can relate to others. You will meet with endless disappointment with expectations, which all begin with a false place. Another way to look at karma is a structure of neediness that you bring into the present moment. The habitual is karma. For people these days, habituation is a new distraction over an old one and is not conducive to freedom. Anytime you can gain freedom from the habitual, it’s fun. Stress is always occurring through a lack of freedom/habituation of the mind.

The external object will never satisfy because it is in the mind that we have this lack. We have to go down into conscious awareness, the source, and get really confident. Remove the neediness; do not appropriate the object. Watch your mind, how you react rather than react.

Friendships are an alternative to certain ways of life that had social pressures. The irony of a great relationship is that the other person should learn not to need you.