“Enough Already!”
Angela Montano - 9.23.18
Bodhi Spiritual Center

Angela Montano: Hello and good morning and it is such a deep, deep honor and pleasure for me to be here with you and thank you for spending this time with me. I have been in prayer for your community since before it ever began. Your founding minister and I worked together in consciousness, so I feel the movement of divine love as this community and I feel deeply devoted to you and I know I'm meeting many of you for the first time today and yet on another level I feel that we've known one another beyond time and space. I'm deeply moved by this theme this month. Who you be, who you be, and the topic I have been downloading in my consciousness for all of us. And I readily accept, I teach what I have to learn myself. So we're all in this together, aren't we? We're all in this together. We're awakening together. And the theme for this talk is enough already. Haven't you ever felt that? Like enough already. Another growth opportunity, enough already. Suffering, enough already. I've suffered enough already. Then we can also flip it. I am enough, already. You are enough, already. What if we're already. Do you ever feel like we just are like constantly addicted to becoming, becoming, becoming, becoming awakened, becoming enlightened. What if we're already enough? Really truly already enough. Could you and I today in my speaking and you're listening in our contemplation together of this really let go of the addiction to becoming enough, which is really a confirmation that I'm not enough.

I had this experience where I had invited a girlfriend and her daughter with my daughter and me to the desert. My Dad lives in the desert. I live in LA. It's like an eight hour drive. If you're really speeding, you can do it in seven. If there's tough traffic, it's eight and a half. I wanted to take this daughter and this mom who's my friend to the desert and we planned it. It was like six weeks out, eight weeks out and as it was getting closer, I was feeling more and more like, I don't know if I can do this, like this long drive. And then we realized there was a festival at my daughter's school and my daughter went to this Waldorf school and it was the medieval festival and the last event of the festival is a mud run where the kids run through this mud. They're caked in mud at the end of the day. And then I realized where this festival was, it was an hour away from where I lived, which made the trip eight, nine hours. And then I calculated the LA traffic. I was exhausted. I was tired to the bone. I can't do this, I need to be in the bed, binge watching some Netflix thing, you know?

And then I thought we were going to get to come back Monday. And then my friend, the mom said, no, I've got to come back Sunday. I was like, how are we going to do this? Get to the desert late Friday, have a day there, come back


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Sunday. Bad plan. We just can't do this. I have to cancel. We'll figure out when to reschedule. I call. I said, you know, I'm so, so sorry. It just, it doesn't look like it's gonna work and she was so looking forward to it and I don't know if any of you have issues with saying no, but I just, I couldn't. I said, well yeah, we can do it. Okay, we'll go. We'll go. We'll go. Let's go.

And I hung up the phone. I could not say no. Of course, I could say no. Can you say no? No. Yes. No. Just try it. No is always a hell yes to something else. But for whatever reason I couldn't get there. I couldn't get. I wouldn't. That's what I want to say. I couldn't get that no out. I could, but I wouldn't. So a very interesting thing happens, and this is how this amazing friendly, magnificent universe works. It always meets us where we're at and as we did this thing and I was tired and I'm in this like outfit that day, this corset because I had to dress in medieval times and I can't breathe. It's literally like when I finally take it off, I've got blood ... it's just really uncomfortable and it was so hot in the sun and now I've got to go with the muddy kids to the desert in the traffic. But something happened between this tension, this tension between I can't do this. I can't do this and I'm doing it. I can't do it and I'm doing it. I can't do it and I'm doing it. Something happened. I let go. I let go. I was no longer the doer. I freed myself of all resistance.

The traffic was worse than I ever imagined. Like I said, I was injured and I was in complete joy. I was in complete bliss the entire weekend. The traffic, the getting in at 1:00 AM, the five hours of sleep, the next day in the desert. Getting up early Sunday, I was in complete freedom. Resisting nothing. Resisting nothing. Loving what is. Loving what arises. As I have my devoted practice of prayer, for me, the words that work for me is, I'm devoted to heaven on earth. When I say that, like whatever your idea of heaven is. I think of a kaleidoscope, like my idea of heaven might be a different idea than your idea of heaven, but somehow in a miraculous way, all of our ideas of heaven work together and that's what I want for you and for me and for all of us and I can tell you I was in heaven and that's what I'm working on.

I'm working on, whose life is this anyway? Does it belong to my limited sense of self? I have constructed an ego. Through so much work. I've worked so hard. I just knocked a button off somebody's jacket. Now my jewelry is going all over the place, but I'm telling you I have been in it to win it, to have the perfect ego and like how can I give her up? You know, I mean, there's a lot of problems with her, but you know, she's done well in a lot of ways. Does this life, this life, this blood coursing through my veins, this ability to speak, to see, to look, does it belong to that limited sense of self or does it belong to that which is too fast to be named, to an expression of life that's so loves itself it burst forth? Angie, Angela, hi.

And this unique expression wants to be. You know, the monks in Tibet and Burma, they meditate three, four hours a day on who am I? Because they don't want to know who they are, because it's a knowing who we are that we often separate from who we be. I was walking down the street one day and I saw a

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poem in a window, just like you know how they put posters inside stores and all. There was a poem here and I took a picture of it with my phone and I want to read it. It’s called A Vision. I caught a glimpse, a reality in which I was not pulled by what I’d rather be doing, nor was I pushed by what I had to do. I had no fear. I had no desires. All needs were met. I wasn't anxious, nervous, or self aware. I felt peace and calm and pure individuality. No one was out of reach. I had no questions. The vision was a powerful flash that stayed with me. Was it a time to come? No. It is a present possibility. I think that’s what I experienced in that desert weekend. I glimpsed in and I lived free of resistance. Free of I should be. I don't want to. I'd rather. Free and I think all this polarity that we experience on the planet today is a dynamic tension.

Just like that tension I felt, I thought my head was in a vice. Is this what people experienced before you have a nervous breakdown? Is this what we experience before we have a heart attack? But when we turn it over to God, which is what I did, that tension produced freedom and that's what we've got to know together today. This tension is good and very good and it produces freedom. As long as we turn it over to the deeper wisdom within the love that I am, that you are, that we are. There's a spiritual teacher by the name of Byron Katie. How many of you have heard of Byron Katie? A lot of you, and she was a self-loathing miserable, mother, wife. That's how she describes herself and she just felt like something had to give. She found out her insurance would cover her to go to an eating disorder clinic and she felt, well, I'm overweight. I'll go there. Just she had to do something, and while she was there, she was actually laying underneath the bed just like I can't get comfortable anywhere. I'm just going to lay under the bed.

And she had this revelation under the bed, that all of her suffering was due to believing her thoughts, her unexamined thoughts that were stressful thoughts. Now, as much as I love my ego and how you, like I said, I worked so hard on her. Guess what she does? She believes her thoughts, hook, line and sinker, and then makes a case for how wrong it is and what's going on. Byron Katie was able to awaken from that and she says, and that was in 1986, that she has not suffered sense. When I use that word suffering. I mean any degree in which we’re not in that state I described at the desert, just free. She hasn't suffered since. She says every stressful thought is false.

And so as Lola so beautifully said, awakening is for the many, not the few. And this is happening. This is happening right now. Eckhart Tolle another teacher on the planet today, some of you may know Eckhart Tolle or have heard of his teachings. You know, he describes like years of depression and anxiety and this one night it was so bad, he just thought to himself, I don't know if I can go on and continue to live. And he had this thought, I don't know if I can live with myself anymore. I don't know if I can live with myself. And then an illuminated moment occurred and he just thought of how preposterous that statement was. I can't live with myself. Are there two Is? Are there two Is? One I? Who is the I am, who am I that can't live with me? Am I the I that can't live with me, or am I the me that's a mess, or whatever. Who am I? Am I this? Or am I that? And he

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suspects that in that tension, again, it was tension. I can't live with myself. It was in that tension that he woke up and his first thought when you heard these birds chirp was, that's how diamonds would sound if they could speak, and he was in this field of, there's only the I am that I am.

Who you be. Enough already. We're enough already. And enough already. Enough already. Enough already. Sounds good, doesn't it? It sounds good. One of my favorite authors, a meta psychiatrist by the name of [inaudible 00:14:39]. She has a book about mothering is a spiritual path and even though it's a book about mothers, I think it's true of many of us people, whether we're mothers or not, and she uses this phrase called the hell of personal responsibility and that's when we believe we're something or someone's God, and so many mothers in particular from her point of view are unhappy because it's too much. It's too much for those of us who buy into the hell of personal responsibility. It's too much. You've got to do everything right all the time and if you don't, it's too much. The hell of personal responsibility. That's what we release when we just am, and yet this requires us to do what the practitioner consciousness is devoted to and that is to see wholeness in through an as all things. Judge not by appearances.

When I was a little girl or an adolescent growing up, my really good friend and neighbor came over with just tears streaming down her face and she had actually two letters in her hand. She wanted me to give to each of her parents and she told me, I'm dying, I'm dying. I'm like, what are you talking about? You're dying? She goes, I'm internally bleeding. Even now. I'm like what are you talking about? And as she described it, I realized her menstrual cycle had begun and she didn't know what that was and she'd been bleeding for days and I'm like, sweetheart, I think your period has started. She's like, what's that? And I feel like we're like my friend. We think that everything bad is happening. I'm bleeding. These are my depth notes to my parents. I mean, how long can you go with this blood going? I guess I'm dying. It looks like I'm dying to me and yet from another context it's all good. She's a mother of four today. So judge not by appearances. Isn't that difficult when we have so much reaction? I wish I wasn't so reactive. I'm so reactive and sensitive and then I get ideas about everything that's going on.

But we have to take that step back. It is the perception of wholeness that heals. When I think of prayer and why I'm about rethinking prayer, to me it is the most fundamental definition of prayer for me is reaching beyond. It's reaching beyond my current limited perspective and someone may reach beyond to mother Mary, someone, my atheist clients. They reached beyond to their subconscious mind. We're only using 10 percent of our brains. How do I get to the other 90 percent? You know, we could reach beyond to the is this all of us, some of us, it's the universe. Some of us, it's the indwelling presence. For me, the words have changed through all these 25 years because different words will help me go dig deeper at different times, but it's us being so bold to name it good, not it feels good plastic smile, but somewhere some way there's wholeness present. That is faith, and the work is very deep, to really step into

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this. You know, I love what Pema Chodron writes and I love something Arthur Miller speaks of and I’m going to start with our Arthur Miller quote. This is from a play called after the fall. Arthur Miller, a famous American playwright, and he says, I think it’s a mistake to ever look for hope outside of oneself. One day the house smells of fresh bread. The next day of smoke and blood. One day you faint because the gardener cut his finger off and yet within a week you're climbing over corpses that had been bombed in a subway. What hope? What hope? What hope can there be if that is so? I tried to die near the end of the war, the same dream returned each night until I dared not to sleep and I grew quite ill. I dreamed I had a child, and even in the dream I saw that it was my life and it was an idiot. So I ran away, but it crept. It crept onto my lap again. It clutched at my clothes until I thought if, if I could kiss it, whatever in it is my own, perhaps I could sleep and I bit to its broken face and it was horrible, but I kissed it.

I think one must finally take one’s life in ones arms. The real reason I don't want to give up my ego is not because I think she’s so coolio dolio. It’s because I think if I keep working on her, maybe the shame will go away. Maybe my shame, I can overcome the shame. I got a college degree. Certainly, the shame ... you know I want to keep becoming better. It's not enough already because if it’s enough already, I have to do what this character in this play does. I have to face all the deep sense of personal inadequacy that’s collective among humanity, that's collective among humanity. It may not even be personally mine anymore, and yet whatever shame I resonate is mine to offer, to surrender, to release. Pema Chodron writes, we think that the point is to pass the test, to overcome the problem, but the truth is that things don’t really get solved. They come together and they fall apart. Then they come back together again. It's just like that. The healing comes from letting there be room for all of this to happen. Room for grief, for release, for relief, for misery, for joy.

I think that's what we have to be really honest with ourselves. We do live in this constant change and flux. I mean, I badly want to get it right. Take the picture and let's call it a day. You know? Got It. Solved the problem. I don't want to continue the ebb and the flow. That's what we need to have faith in though the ebb and the flow, magnificent things are happening in the lab. Magnificent things are happening when it's falling apart and it's just as good as when it's coming together. Save your judgment and your resistance. Thank you. But in the dualistic framework of my ego, there's right and wrong, good and bad, better and worse, and I want to be a winner. Don't you? You know, let's get there, but then I’m knocked back down by life, but where I was that desert weekend, it's all good. The exhaustion, you know, I remember my first time of real, true, clean, unobstructed grieving. I lived in a rent controlled apartment. My daughter was young and this woman moved in who was older and at the time all my friends were very like no children young and I just, I would bring Grace along. They were lovely to her, but it’s just like I couldn't keep up with that lifestyle and they wanted to do a four mile brisk walk and I was like, with her.

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Well, this woman who moved into my building, she had a cane. She was much older and she became my friend and her pace with the cane and my pace with the toddler. It just worked at an extraordinary time and then she passed away and I will never forget the experience of grieving her and crying. It was really one of the highlights of my life, the depth of my soul. I experienced the depth of appreciation for this woman coming into my life, the wisdom, the joy of her soul, and then she’s gone. And my missing was my loving her and my grieving was the testimony of her importance and I wouldn't have traded it for anything on a soul level. My ego would say, that’s bad. You're grieving, well, you lost a friend, everybody should live forever, you know? But in the magnificent oneness of life, it's like we don't go to a music concert and say, I only want bright. I only want high notes. No low notes, guys. Low notes are off limits. We don't go to an art gallery and go, there's black or gray or brown or darker colors. You know, I've only got to have the bright colors, white, orange, red, right? It would be terrible.

So let us embrace that. That I am, you are, we are enough already. That you and I, that we really can live in this field that is unified where we appreciate it all as not necessarily feeling good from our limited point of view, but deeply good from the awareness of our magnificent eternal birth less deathless souls, come forward to be the light enough. Enough, enough, enough already already already already enough. Thank you.