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SPEAKERS

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So this issue of practice of bringing the body and mind together, so they're in the same place at the same time. I think it's easy to see for many people how the mind is so fast, that it's faster than the body. Sometimes it's faster than our body's ability to the mind is faster than you know, that makes it easy for us to be connected to the body. And to bring these two in alignment so that they're, the body in sense catches up or the mind slows down. So you can feel the body. It might, some people might get impatient with that process, or they feel a little bit reluctant because they love their mind their thinking is important or they're, they're somehow caught up in the world of mind thinking. But to live at the tastes of the body, connected to you're connected to your body know what's going on in your body. It's a very wise thing to do. And also because the mind body is so closely connected, that the mind is connected to the body. If the But body and mind are kind of on the same speed, same level. It allows for a deeper understanding deeper wisdom to come forth from the mind. It's almost as if this test mind is a surface mind. And, and as the mind feels more the same speed or same connectedness to the body, then some deeper possibilities bubble up. And to give you one example of I forget who it was no, nope, it wasn't one of you said that. How difficult it was to do his work. In his, if he works on the computer, a lot computer programmer and in the kind of work he does working for startup companies, it's always multitasking going on all this activity going on. And his attention is split there all kinds of places. And he's seen that times when he's been washing wall Sir painting walls was doing what he said, I don't mind doing any one thing. My body is connected to things one thing and just right there, I feel so happy, you get so calm. But when I go to work, there's always multitasking always activity, the mind, you know, I lose that sense of well being. So it's gonna be a big task in meditation to slow down enough to start connected, be connected to your body in a deeper way, connected to the body in a deeper way. And then as the body gets more connected, I'm sure that you'll feel a greater wealth of mental activity as well a whole different realm of it. Then the poor little surface mind thinks needs to

do.