

2009-04-03 The Five Hindrances Restlessness

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SUMMARY KEYWORDS

restlessness, breathing, notice, little bit, meditate, sit, restless, environment, holding, attitude, worry, feel, habits, neighborhood, relax, subtle ways, settle, contentment, easier, spend

SPEAKERS

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So when we sit down to meditate, it's often good to early to early on, spend a little bit of time noticing how you are to get to know what you're working with, getting to know

what's happening so that you can meditate in a useful way. So initially, it's a lot to do with just getting to know not being for it or against it, how you are. spend a little bit of time just kind of checking in taking stock. So as you're sitting here now Perhaps closing your eyes.

Become aware of how you're feeling.

Become aware of how you feel in your body.

And since we're doing restlessness today, spend a little bit of time noticing the ways in which you might be restless now

Or agitated.

And then after you have somehow assess to notice how you are then it can also be useful. To establish or create a healthful environment in which to meditate. It's a lot easier to let go of anxiety or agitation if the environment feels safe or if there's a feeling of contentment or gratitude

lot easier to be to relax restlessness. If the overall attitude environment or attitude that we have is accepting Open. It's not easy to adjust one's attitude. But as you sit here now or there's maybe some ways that you can adjust, adjust the attitude environment, environment a mood in which holds how you are.

Some of restlessness especially the more subtle type involves long standing habits and to re educate those habits, sometimes they have to something inside of us has to learn that we're safe feel safe.

There are some ways that you can let yourself feel more fully safe. As you sit here quietly present for your body.

You can also be helpful to let go of things That you're holding on to whether it's mental or muscular. And to do so sometimes it's helpful to take a little bit fuller breaths than normal. breathing into the place of holding. And then as you exhale, see if you can soften. Relax, let go

as you exhale, letting go into an environment an attitude of safety or contentment or skill or stillness with how things are

And then letting the breath breathe normally again

and then noticing it could be more helpful to be present in your body, or more helpful to be present with whatever restlessness that might be in the mind.

Taking your breathing, to alternating sensations of breathing

is something which is soothing or settling

Sometimes I imagined that the breathing is like an iron, which is slowly going back and forth over a wrinkle. to iron it out

the breathing as a swing. That's comforting.

Let your breathing experience or breathing. move through whatever way you might feel restless, agitated,

To very patiently smooth it out even and out, spread out and settle. Whenever physical or mental restlessness you might have

In about a minute I'll ring the bell in the sitting. And then we'll take a 1515 minute period for walking or break. Walk around the neighborhood or do walking meditation in here, whatever but notice As you take this 15 minutes as you come out of meditation notice what role restlessness or worry has for you. Does it come into play? Even in subtle ways, if you're walking around the neighborhood and a stranger walks by a little bit of flutter of worry about who that person is, or worrying about, is there enough time to walk around the block. restless about getting to the bathroom in time. Just notice how restlessness and worry gets activated or comes into play this next 15 minutes

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