

2013-12-04 Practice Notes Recognize Feel Release

Mon, 9/7 10:56PM • 2:14

SUMMARY KEYWORDS

experience, recognize, happening, relax, agitation, contraction, step, thinking, gripping, fully, fuller, present moment, cycle, grounded, mindfulness practice, diverted, stay, word, awareness, hold

SPEAKERS

Gil Fronsdal

Three part way of discussing mindfulness practice. And that is three steps you can take. The first is to recognize what's happening. And then underscore what's happening not recognizing what happened yesterday, what might happen, but to recognize what's actually happening. And train myself to stay in that recognition. Stay in that mode where you can have staying connected and grounded here, recognizing what's happening. And, and then feel what's happening. I like the word field because it's not so much a matter of thinking about it. But a matter of bringing presence to it bring fuller awareness to it, to really let yourself experience more fully what's actually happening, rather than kind of being diverted into the stream of thinking. So I think the word feeling good kind of work. Okay. experience you prefer the word experience experience it fully experience it. How is it? How is it being experienced? And? And what's it like to experience it? So you might be thinking about some big important topic. And what's it? What's the experience like of thinking about this topic? What's the immediate here in the present moment experience like is it a lot of agitation, a lot of energy, a lot of contraction, an experience like and then the third step is to release or sarahfey can't release it, then relax it. So to relax around it or release any hold, where you're holding are gripping on to what's going on. So to recognize and to feel and then to release, recognize, feel, recognize, experience it fully, and then relax and take your time with that. Take your time with each step and just kind of let that kind of cycle through, cycle through. I hope that is useful for you this morning.