

2014-08-06 Practice Note Perception In The Body

Tue, 9/15 1:54PM • 4:08

SUMMARY KEYWORDS

orientation, perspective, body, pay, meditation, attention, futon, focus, mindfulness, experience, pain, growing pains, preempt, couch, anchor, mind, important, meditate, doctor, present moment

SPEAKERS

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And we're going about our lives, paying attention to things or not. We are operating under a variety of perspectives, right, a variety of worldviews. And perspective could be simply we've, we have certain things we think are important, and things that are not important. If you have, you know, like, some pain in your body and you don't know what it is your perspective, your worldview is maybe very much focused on being concerned about that pain. But then you go see the doctor and the doctor says it's growing pains. Doctor told my son, it's growing pains. And so then just growing pains, and then Okay, and then you still have the pain but the pain is not a focus anymore. You know, like looking at it, you know, you're not you're not focusing on that, or I noticed many years ago that I was shopping for couch, futon couch. And I was surprised how many couch and futon stores there are. I had no idea. You know, I had certain interests and things I wanted and suddenly I my my radar was up and I could pay attention to certain things. And it was many things that affect our perspective or the orientation what we focus on. And if you sit down to do mindfulness, practice meditation, for example, chances are very high that you bring with you a perspective, bring good quick human orientation or things that you think are important to focus on. Even if you're not intentionally consciously doing so. If you notice what you think about the common themes of your thoughts, they represent what the mind not you necessarily, but your mind thinks it's important to focus on, to pay attention to think about since we already have a project affective or view orientation, preference for how we pay attention. mindfulness practice sometimes is practice where you would preempt that, and choose a perspective, to pay attention to so your orientation or choose a particular frame of reference through which to look at our experience. And for now, I'd like to mention that one of those frames of reference, that's very useful for people who meditate is to be interested in how things are experienced through your body. So it's not saying you have to experience anything different. But as you experience something, if something's going on for you, how does it feel? How does it register in your body? So if you're if you have a strong emotion, how does it feel in your body, as opposed to us lowering or usually orientation is the story around the emotion and so, rather so now the meditation the orientation of beats to how does it feel in your body if You feel if you have a lot of thoughts, what does it feel like in your body to have a lot of thoughts? whatever's going on you bring it back to your body house, how does it? How does your body register? And how does that feel in your body? How does it impact your body? Keep coming back and feeling the experience through the vehicle of your body. And this is considered to be very, very helpful in our tradition of meditation and mindfulness. Partly because there's such a strong orientation towards focusing on the mind, violating the mind looking through the stories, the thoughts, the beliefs, we tell ourselves, so you keep coming back. Use that perspective. How's that experience through your body? What's it like for your body to be doing walking meditation? What's it like for the body to be breathing? What's it like for the body to just to be in the present moment? What's it what's happening, and the body is always in the present. So it's

like a nice anchor, we call it an anchor. So you might try that perspective this morning. With a perspective of how you're experiencing what you're experiencing. through your body. Okay, so thank you. I hope you enjoy this morning.