

2015-04-01 Practice Note Yielding To Experience

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SUMMARY KEYWORDS

body, yield, muscles, relax, connected, present moment, surrender, surrendering, grounded, prompt, held, yoga, relaxation, balanced, tense, bones, head, removed, fall, enter

SPEAKERS

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That is to yield to yield to what's happening. And so if you're not, if you can't relax, yield to the tension kind of give into it to allow for it to enter into it, it's okay to be tense, but yield to it. And there's a kind of different relaxation, different kind of thing if you yield, or surrender to your body, surrender to yield to the body. There's a great yoga prompt, which sometimes used and that is to let your muscles fall away from your bones. And, you know, just kind of like release a little bit and hang out or let your muscles and to kind of flesh kind of relax into the back of the skin and just be held there. So and so but the yield to your body to yield to what's in there to surrender into the body. So you really not to hold yourself against it. Sometimes we're in our head a lot, thinking a lot. We're kind of like removed from our body. And the more we can surrender to our body, surrender into our body yield to our body yield to what's going on in a physical way. yield to this doesn't mean you have to yield to terrible things happening to you, but yield to what's happening in the body. And so you can come into your body, to be based on your body is a really wise way to go about your day. If you're in your body, you're in the present moment, and have this wonderful support of the body, which will keep you about help keep you balanced, keep you kind of connected to yourself. So as you go about this morning, he might experiment with not only relaxing into your body more and more, but yielding to your body or surrendering into your body, surrendering to what's here physically for you, and see if that kind of gets you more connected and grounded in in a certain kind of nice way. Not so involved in what's going on your head, your thoughts and stories and things like that. I hope you enjoy your body. Thank you