

2015-09-30 Practice Notes Relax The Eyes

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SPEAKERS

Gil Fronsdal

So certainly one of the important aspects of being able to meditate and be able to mindfulness and I think, to live a wise life is to learn to be relaxed, and to be able to relax a little bit. Your body, your mind, certainly relaxed attention that's there. And one interesting area to notice, tension is around your eyes. And to kind of pay attention to your eyes, some both in meditation outside to get a sense of how you use your eyes. And is there tension in how you use your stare at staring at things, even with the eyes closed, where you're not supposed to be looking at anything? Are our ways in which kind of being in the world of trying to understand or trying to focus as often by habit goes through the eyes of the people sometimes with the eyes closed, meditating, what kind of their eyes are kind of tightening up or narrowing down to kind of focus on the breath or something. And you might notice that there's any tension or pressure in relationship to your eyes when you're doing walking meditation as well how much you're using your eyes and now you know, are your eyes soft focus? Are you really looking at things actively, even if you're not looking at it actively if you're actively paying attention to the kinesthetic feelings of the body on the inside, are your eyes engaged, their heart tight, fixed in some way? And what happens to you if you soften your eyes? The one idea that when the image is that of softening your eyes, so they rest in their eye sockets, or some people find helpful, the idea from the eyes closed at least, that you're looking down and back into your body rather than forward that's usually if you were looking kind of forward. So kind of looking down and back and resting the eyes in the back of the eye sockets and Sometimes it's not possible to relax tension that we have not possible to relax the fixation the focus of the eyes. And then it's that it's fine is it's important not to get too concerned about it and but it is helpful to kind of breathe with it or hold it in awareness and just just let it be there. And just keep a keep attention to it, be aware of it without any self consciousness or criticism of it of yourself. Because something different happens in a whole system, our system, if we hold tension in awareness, the system the psychophysical system you have, will take care of tension if you hold it in awareness. If you don't hold it in awareness, then the old habits are taking over and kind of reinforcing attention. So you might see this morning, if some some focus some attention to your eyes and what goes on in your eyes and softening your eyes, giving them soften soften can help you in your practice. Thank you