

2015-10-07 Dharmette Being And Trusting In The Body

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SPEAKERS

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So I think it's nice to look for ways to bring the body and mind into harmony, to have them in balance. And one of the ways is not to give too much credibility to everything we think. I think there's very few people have 100% accurate track record, around what they think and what they believe. And so to be a little careful with what we think, and then, but to most people would find a lot of benefit from being more in their body, be connected to their body being rooted in their body. And so one way to have the mind and body in balance is to really feel that the center of gravity of your life is your body. That your opponent you can rest in your body you can feel yourself, the weight of your body against the, your chair or your cushion or you feel your soles of your feet touching the ground. And that you really feel like he was an embodied presence when you're in your world. And from that perspective, it's a lot easier to have your thinking in a better perspective and on your thinking that you're thinking doesn't become the only show in town. And I think for most people, when they're thinking becomes the only show in town, we tend to think ourselves into suffering and the challenges and problems becomes a maze we get into and it's hard to come out of. But if we can feel ourselves grounded in our body, and not to kind of get lost in the world of thought, or caught up in the world of thought, then generally our thinking becomes more productive, more useful. Usually we have a little more distance from it. We kind of, kind of don't get, give it so much authority or credibility and sometimes our thoughts are great, I have a very friendly relationship with my thinking. But I don't let it run the show. You know, and happy for it to be a little doing a little thing that it does. And, you know, I appreciate it then. And sometimes I give it a little extra attention, pay attention more carefully to it. But I'm not going to let you know my thinking is not really what's in charge me. And kind of any data I think is in charge or something's really a source of how I would live my life. I say it's a upwelling that comes out of my torso out of my chest out of my heart, something deeper that comes up and that comes along with intuition, a sense of beingness and so things I think, for me is things come into a better perspective that way. So if you find yourself trying to solve your life, so all your issues, and your all you're using is your thoughts. Watch out. It's easy, you know, the image I have of it is a little kitten that is chasing its tail. You ever see hopefully you've ever seen that. And they never catch their tail, but they're trying and they go spinning around and around the around. So I don't know if that's an accurate metaphor for any of you. But it has been a good metaphor for me. And you know, how I get caught up in my thoughts and kind of chasing my thoughts trying to find the answer to dealing with things. ruminating about things over and over again. puts a drop down into the body and feel the body let the body be in a sense the holder of everything the body, be the meat mediator mediating force for what's going on. Let your thinking kind of come out of your body or be connected your body, then you're much more in the present moment.

And I find there's much more space for me to think when I not in my body not connected to my body, then I start thinking about things that preoccupy me. I get claustrophobic in there. It gets really tight and small world and a small world of its own kind of logic and, and resentments and you know, desires and all kinds of you know, it gets and it gets amazingly you know, it's these little bots of ours, you know, this innocent little thoughts we have, and we get claustrophobic we get upset. They're like magnets for all these other thoughts and memories and associations and beliefs and they just kind of like all kind of forget, I can't speak for you, but they can, like ride her that kind of like, come on, come in, you know, like, come You know, join forces. And it gets good, pretty, pretty complicated pretty quickly. But, so to come and feel that you Suzuki Roshi, the teachers and teacher in San Francisco said that what I trust is I trust my two feet on my brand, I trust my butt on my cushion. This is so basic, right? But it's physical. I've trust my feet on the ground. I trust my body on the cushion on the chair. You know, how cool why is that trustable such a physical thing like that. I mean, it seems kind of like silly, right and portant things to accomplish and do an important person, my butt's not that important. But, man, I'm important and you know, what's this about? But I think that there's something about being rooted and grounded, be connected to it from the bottom up. So what I find is that my life then arises out of the body, it's an upwelling that happens when I'm in my mind thinking a lot. Then there's a movement is the Buddhist word is almost that means of leakage, outflows. There's a kind of a draining of things. So if I'm in my thought my head it's more like that. You know, the hole in the bucket and everything drains away down. And it's a very different life that comes when it comes from the top down, things leaking out and causing problems than if it's an upwelling from within. And so part of the advantage of being connected to your body, feeling your body feeling the physical sensations of your body, feeling somehow to use in your body, even if it feels uncomfortable and tense, to somewhat be willing to kind of eel to it feel like they allow it to be there. Then there's a time there's a much better chance for there to be something upwelling of motivation to upwelling of understanding upwelling, of, of, of sense of lightness of life, that I think is really hard to have. If we let thinking predominate, and we get lost in our thoughts and we just kind of renew, you know, you know, grass spinning around and around and what we think and who we are and what we have to do and who said At what and all kinds of things, and that's the world where things we actually can more likely drain us drain our energy, drain our vitality, drain our connection to ourselves during our even drain our connection to other people. So to be in your body, and so I feel like you know, for me sitting cross legged this way, I've done it, you know, my whole adult life, or, you know, every day I sit this way, and it's kind of a sacred posture for me, because of what it does about connecting me to my body. Same thing can happen for people in the chair to sacred posture if you sit in it every day. And you use it as a way to really ground yourself in the body to feel the contact of your weight of your legs against them, the floor or the ground, to feel the contact of your butt against the cushion and feel that how that supports you to release yourself to the pool of gravity rather than fighting it. And then to feel the sense of the torso arising up out of the base, that your waist, your base your legs, and, and to feel kind of uprightness or strength in the trunk because I talked about this morning, and he knows like the trunk of a tree or the solid trunk of a tree that can withstand the storms much better than the leaves can withstand it. And so come back here and kind of feel what it's like to the three dimensional substantial feeling sense of being here in the body. And it can be hard to want to do this it can be hard to feel like it's valuable.

Because our body is like you know, it's not really where we solve our problems. It's not really where we want praise from people we're going to get praise You know, because from the inside of our body out I mean we waiting for the people around us to say nice things. And you know, and do good things to us. And, you know, it has to come from other people, the energy and the over kind of always looking outside for the solutions. You know, it's kind of a disconnect. But to sort of come back and really feel what's here and allow what's here. And it's probably one of the greatest gifts that I've had from this doing this practice, all these years, is a tremendous trust I have in the body, and the sense that it's okay to allow what's in the body to be there, and let it unfold, let it move. Sometimes there's tension that

doesn't want to move, it's locked in there. And I've learned this wonderful art of yielding to the tension yielding to the places that feel hard, and I just kind of rather than expecting it to yield, I yield to it. I soften into it, I soften around it, it's okay. And what I found is that like, this is one of the most trustable places to be to be grounded and centered in the body. If you want to live in a trustable life, you live connected to your body. If you lose that connection, then it becomes a little bit more dicey about what might happen. Also, the part of the reason I trust the body so much is that it's kind of like the jack in the box little toy that you know has a lid. And if you take off the lid, and it's you know, it's the spring gets released and little jack comes up. So if the lid is down, then the tension stays kind of tense, right? till it gets released. So a lot of attention we carry in our life is the handle is held down if we don't make space for it to unwind. And one of the best ways to let tension on wine is mindfulness of the body to make space in the body. There's almost like awareness can fill the body and make lots of space. In the space of allowance is like you don't have to do anything except make the space. And then with the space, things begin happening. And I've learned to trust that in a very deep way. And then with that kind of grounding, that kind of trust that kind of subtleness and ease, then I've noticed that from time to time, my thinking is much better. It's much more creative, and it's much more nicer. And it's nicer to be Gill. If you know, the thinking person and whatever thinking going on, if I have this kind of centered and grounded and present here. So I would like to encourage you all to have I know some of your body's people's bodies have a lot of challenges, and make it difficult to all this by the I think even so the bodies are such an amazing resource for us. They're multi dimensional, so many aspects of the body that I'd encourage you to have a love affair with your body. And then and then just appreciate your thoughts. And as we do that kind of balance, love your body and appreciate your thoughts. I think things will work out. So those are my thoughts.