

# 2016-09-28 Practice Notes

Fri, 9/25 6:56PM • 4:11

## SUMMARY KEYWORDS

relax, recognize, present moment, practice, relaxed, imc, letting, experience, work, walking, deepens, unfold, aspect, meditation, cognitive, daily life, holding, deeper, field, innate

## SPEAKERS

Gil Fronsdaal

offer something very basic, about mindfulness practice, both meditation walking, and also in daily life. Sometimes it's helpful to think of the practice involves three different aspects. The one that's most commonly recognized as part of mindfulness practice, is to recognize, to recognize what's going on, whatever is happening in present moment to recognize it. The second aspect is often somewhat understood, but often neglected. And that is, to feel what's going on, once it's recognized, to hang out with it, get to know it better, kind of, receive the experience, be in the experience, allow the experience to be there. So that you can kind of feel or experience the fullness of it, which which is really like, if it's pleasant, you feel it, if it's unpleasant, you feel it, if it says, a sound, you recognize the sound, but you'd actually kind of take in the whole experience of listening, what's that like in the present moment. And all kinds of levels, physical, emotional, cognitive, whatever is going on. So is your field really be there with experience. And the third aspect is to relax. And some people only relax. And that doesn't work. The idea is to do in their each in their own time in place. So really get to know what's going on, recognize what's going on first, and then just be with it in a relaxed way, not before against it. Don't lean against towards it, don't lean away, just there. The third is to just be there, feel it. And then the third is to like, like, relax with it. And that can mean relaxing around it, relaxing our relationship to it, relax with it, relax it, if there's some kind of tension or holding in their body, relax that. If the tension or the pain doesn't go away, then just relax into it. So you're kind of not fighting it, struggling with it. As the practice develops, and we're more and more able just be here in the present moment, then it's often what you want to do is to let go stop the relaxing part is relaxing, can be overdone. But then as you just do the first to recognize and feel it recognize and allow it to be there in your field of awareness. And then with time to relaxing is replaced by letting go. And not that you have to let go. But it's the nature of the practice as it deepens that there's a letting go of whatever you're holding on to. And it's a very important at some point to nuts to stop doing the work yourself of relaxing, but allow the deeper kind of innate work of letting go to unfold for you. And then, and then as a practice goes even deeper, that at some point, you can let go of the second one of feeling it. You don't have to do anything. You just have to be there and recognize what's happening. And the feeling of being with it. The letting go will all kind of unfold on its own in its own timing, if we just recognize what's there and relaxed, present focused way. So as you go about today, here at IMC, you might try this in a relaxed way. These three steps, recognize what's here, feel it, and then relax. If you're doing walking meditation, just recognize what's happening for you and you're in your body as your mind as you do the walking, recognize it, relax, and then relax, relax into the walking. Same thing with a setting and, and I hope that in doing that you enjoy this morning. Thank you