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SUMMARY KEYWORDS

body, refreshment, refreshing, water, feel, thought, awareness, preoccupied, meditation, nurturing, sensual experience, lost, aware, disconnected, daydreaming, warm, mind, filling, sensitivity, entering

SPEAKERS

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So I like the analogy of entering into a refreshing pool of water or a bath of water, maybe that's cool in a hot day and maybe warm on a cold day. And that the lowering oneself into this kind of refreshing, warm, cool, nurturing kind of water, you can kind of feel this, the body become more sensitive feel the sensations of it, tend to be more aware of the kind of sensual experience of the water, the temperature, the impact it has on the physical system as it we feel warmed up or cooled down. And while we're feeling it, well, we can have this heightened sensitivity, heightened awareness of the body, if there's a tendency to kind of enjoy it, or kind of take it in, be with it. And during those moments, you're probably not lost in other thoughts, you know, probably not kind of caught up in thoughts about tomorrow or later today or yesterday or fantasy, because to really take in that experience of refreshment or whatever it is, if that nice water, you have to kind of be there for it, there has to be some presence of attention in the present moment. Because if you continue daydreaming or wandering, often thought you can really take in the full benefit of that experience are nice, like that. So in meditation, it kind of works that way as well. But rather than entering into a body of water, it's more like we end with awareness enter into our body. Or I like the idea that we're kind of filling out our body from the inside out with something that's warm and refreshing. So we're developing an increased sensitivity and a connection to our physical body, as the awareness as our sensitivity gets awakened and moves, fills the body. And this idea of filling the body with awareness, like you would fill, you know, container with water. And then that water is that awareness that waters, nourishing, satisfying, refreshing, you know, comes along with it. And just like going into the, into the pool, you have to kind of be there to take in to register to feel the benefits of that refreshment. So the same way, if you want to feel the benefits of the practice in your body, you have to kind of be there for it. You can't be drifting off in thought or lost in thought or really focused and preoccupied in something else. It's like requires a shifting and settling in and opening up and being with a body. And if you can do that to some modicum a little bit of a way that it gives you a very interesting vantage point reference point. To appreciate or see more clearly, what happens when your mind wanders off and gets lost in thought preoccupied and thought, the way that the more preoccupied you are, the less connected connectivity you have with your body. Unless you're aware of it. And extreme forms, people spend, you know, a long period of time in their life, disconnected to their body, they're almost like they don't have a body so I'm not aware of it. Kind of aware of it, but it's the body something you kind of, you know, push around to get you around. And but you know, not really connected to in that deeper way that would allow for refreshment allow for relaxation allow for something else to happen. And so you can see that difference, see, and that to see Wow, look at that. I'm that's what happens to me when I get really preoccupied and thought, that's what I lose touch with. That's the division that I make between two, two sides of what hopefully would be whole, your psychophysical body. And I look at that and get lost and involved and disconnected. And then what is it like to come back and be in the body? Do you have any, any sense of what it's like to begin filling the body with awareness, opening to the body to awareness, sensing feeling What's there in a deeper way. And then he sends that that

might be meaningful to do or nurturing to do or refreshing to do. And certainly for the Buddha. One of the very central practices that he taught was mindfulness of the body. And if you play, do word play with the word mind and body and mindfulness of the body, it's to have your mind in your body. So that, you know that's where the mind lives throughout the body. fullness of the body.

So as you go about here today, maybe walking meditation sitting meditation, you might see if there's some way that you can you know, feel your body or be in your body with your awareness, your sensitivity, and see if that can be a learning experience for you and learn what goes on and what's normally happening to you and i hope in that process you enjoy your body. Thank you