

# 2018-08-22 Practice Note Recognize Feel Relax

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## SUMMARY KEYWORDS

relax, recognize, steps, soften, thoughts, capsulated, vipassana, practice, approaching, physical manifestation, tension, happening, judgments, body, sitting, gently, morning, foremost, nicely, feel

## SPEAKERS

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So a few words about the practice is simple way of approaching is practice that sometimes as little. Some people like to have instructions and steps and this is what you do. And so there's three little steps that capsulated practice, I think very nicely and you're not didn't follow the steps, but some people really find it really nice to do this. It teaches us something. And that is, the first step is to recognize what's happening. And that's kind of core to mindfulness is recognizing what's happening, recognizing What's up, sitting and meditating and what's up for you sitting there to recognize it. The second is to feel it. So rather than than approaching it, first and foremost through our thoughts or ideas or commentary or judgments are, you know our history, our future, our thoughts, our mind. First and foremost in Vipassana, it's really good to, to approach it through our body. So what's it feel like? What's the physical experience like? And even if what's up is primarily mental. A lot of thoughts about something that's also can be felt in a certain way has a physical manifestation or expression. And so how is this like physically? So how's this in the body, so recognize, and they kind of open and feel it in the body, this is how it is. And then the third step is to relax. And you don't have to be too ambitious and strain to relax. That's not the idea. But But you know, in an easy way, just once you feel something for a while when it seems appropriate, easygoing way, then soften around it or soften with it or right lakhs on something that's related to it that there could be tension in the body tension in the mind, tension in the heart, just, you know, what could be relaxed. So those three steps to recognize what's happening, what's up, to feel it, and then to relax, then due to the nude over again, and it might be something else is up at that point, or it might be the same thing and, and sometimes it's some same thing could stay for a long time and you just have to gently kind of soften around the edges of it or in the heart of it or something. And slowly something begins to change. If nothing else, What changes is your relationship to it, your relationship to it might relax as opposed to it relaxing. So if this is something that seems interesting, you might try it this morning, just as you do walking meditation or back to sit or anything you do. recognize it, feel it and through the feeling of it. sensations of it and then relax. I hope you enjoy your morning. Thank you