

# 2018-11-07 Practice Note Thoughts and Body Awareness

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## SUMMARY KEYWORDS

body, mind, fold, thinking, feel, happening, physically, emotions, compost, present moment, physical body, digest, dough, meditation, san diego, buddhist practice, practice, powerful, thoughts, understandings

## SPEAKERS

Gil Fronsdal

So to say a few words about the practice, one of the maybe obvious but very useful understandings is that your mind, your thinking mind in terms of if it's who are swept up in what it's thinking about, is often not here and now is thinking about things in the future the past and fantasy. It's not about here, it's about something somewhere else. Or fantasy that's maybe nowhere or imaginary places. And the thinking mind is seldom really here. Your physical body is always here. It's always here now. It can't be anywhere else. And what we're trying to do and the practice is to bring the body and mind together into their work in harmony. And it's not so much the task of usually. Most of the time of figuring out, you know how to get your body to where they are, and then that your mind is. So if you're thinking about the past, you can't go back. If you're thinking about the future, you can't really, you can wait for the future to come. If you're fantasizing about vacation in San Diego, I guess you could probably take a plane down there today. And so your body and mind are in the same place. But the test for meditation is to really bring the mind in harmony with the body. So they work together and they benefit each other. And this idea that the body is intimate and a very important partner, to your whole life is central to Buddhist practice. And, and this idea of being so one of the things that was possible to do is to fold everything back into the body, whatever is happening, whatever you're thinking whenever you're feeling whatever you're experiencing to fold it back into the body. Your your how to experience the sensations that are a part of the body in that regard. So, you know, in terms of thinking, there might be a lot of energy around thinking there might be tension or pressure associated thinking about the emotions, moods associated with thinking, how's that felt physically in the body, come back and use a body as a reference point for understanding what's happening here physically, it's happening physically. And we can have major personal issues going on. Lots of things need to be thinking about to figure out and a lot of emotions and all kinds of momentum to kind of be concerned about them. And that's not necessary. That's not necessarily bad to have those. But it's really significant. To fold it all back into the body, the body being here and now and it's almost like if you can do that, then you can allow, you can do some you can you can distinguish between thoughts. thinking and thinking. And thinking is when you're involved in your thoughts, participating at all, thought thing is what the mind does. So you can allow your thoughts to happen. But you don't get involved just keep folding it all back into your body or houses in the body. Now here and now, how is this being done and if it's uncomfortable thinking you're probably feel uncomfortable in your body. Feel that discomfort and fold that just imagine you're folding it back in kind of like dough that you're making bread dough and you're folding flour and you're needing it and bring it back and bring it back. Fold it all back, fold it all back. The body's always in the present moment. And it's fascinating, powerful to include the body in the processing. Include the by the body, kind of a health, the whole mind, emotional things going on, will help kind of compost it or digest it or process it or open

it up in a way that thinks is much more powerful than if you only stay up in your thinking mind, thinking about it that way trying to process it up there. So come back into your body, feel your body, be with your body with whatever is happening. And then find your way it's, it's a wonderful thing to do. So this is a good day for it to this morning. So you might see if you can come back just as much as you can be in your body, feel your body, bringing reference everything back to the body. What happens if you reference everything to your body? How is it in the body? How's it now here? And perhaps as you do that, the thinking mind can come quieter and the thought in mind might still operate. The fighting mind is much less agitated than the thinking mind. And so there can be much more peace with it all. So I hope you enjoy your body. Thank you