

Practice Note

Gil Fronsdal

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To say just a brief thing about the meditation practice. There's many kinds of emotions or feelings, attitudes that people associate with it. And if you have such a thing, one of things you might do is search around in your body. Is there any place in your body that you associate with those states or those feelings? Is there some place in your body you associate with calm or with being stable or steady, being grounded, with being clear and alert to what's happening, or feeling contented. Don't look for all of them.

But you might see if one of them might be accessible as a small, maybe even a small, little, tiny location where that feeling resides. And then as you meditate, I have that as a reference point, almost like your breathing through it. Or as you stay mindful with your breathing, it's almost like the bellows are blowing a gentle wind across the embers of that place. Or if you're walking meditation, you might just stay a little bit close, connected to that, and again, as if the walking is somehow massaging it and supporting it.

And the reason one of the reasons why it can be helpful to do this is when people have a strong tendency to view the world, view themselves, focus on what is wrong, what is difficult, and know what's hard about their experience. And we often have this kind, like blinders on, kind of selecting that out more than everything else. And not that we're trying to deny that that happens, but there's a whole different way of being present for the full range of who we are, if we have a kind of an anchor or a touchstone in some place inside that feels kind like a nice place. And maybe for you, what a nice place is different than the kind of things I listed there.

But see if you can find a nice place, even if it's a teeny little square centimeter of a place inside that's a nice place to kind of be rooted, anchored, tethered to, connected to. And maybe that supports the mindfulness, and makes it easier, and makes it a bit more opening and relaxing

than it is to when your mind is tethered to all the problems that there are, all the difficulties and things like that. So I hope you enjoy the morning.