

## Being With What is being Noticed

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There's often an idea in mindfulness circles, meditation circles, that we should just be completely present for one thing, which is kind of true, but what does it mean to be fully present for one thing? And we have different capacities for bringing attention to one thing. And so one of the things, when we bring really attention to one thing, at the same time, we could be multitasking. Not a complicated multitasking, but that would be that one task is to really be present with as much of your embodiment as you can. So really be there for the experience you're doing physically. And then another part of this multitasking is to know what it is you're experiencing.

Sometimes what you're knowing, like if you hear a sound, you know it's a sound. But you don't just know the sound, but you know the sound kind of being rooted here in this body. So you're kind of multitasking. You have two things going on. You're really here, and you're also hearing a sound. And you're recognizing the sound. Oh, that's a sound.

You don't have to make common stories about it and interpretations and write letters to the mayor of Redwood City about some of the cars are too noisy. But it's just, oh, just listening, hearing. And you might have some curiosity about it. What does that sound like? How does it vibrate in my ears? How does my body affected?

So you're asking yourself very simple questions. If you're watching your breath while you're meditating, you want to really be in your body, rooted in the body, and then you're recognizing, oh, that's an inhale, and that's an exhale. That's a different capacity of attention what the mind's recognition is than it is this embodied presence for it. Sometimes one is stronger than the other. But the thing I want to emphasize for today is this idea of being rooted in your body. And whatever else you're paying attention to, do it with kind of a rootedness in the body.

And maybe when you're walking, rooted in your feet. If you're standing, rooted in your feet again. Or if you're drinking a glass of water, don't do it casually. But what would we like to do it with your whole body and connected and involved? So maybe with two hands and then I'm there for the coolness going down my throat. I'm really there to experience it in a be present in an embodied way.

And then on top of that, there's the knowing, the mindfulness that we might have. And this idea of being rooted in your body, being embodied as a really important part of all this. And whatever you're doing, try it today this morning, see if you can have a little more focused on that. So thank you for being here. And for those of you who signed out,