

## Practice Notes: Simplifying our Practice

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Can I say something about the practice? Just for a couple of minutes. Sometimes when people teach mindfulness in our particular lineage, there can be a lot of explanation, like there's a lot to do. And that's not so useful. All the teachings are useful, but to get busy doing them all is too much. And the simplicity of it could be represented by a wonderful aspect of mindfulness.

And that is that mindfulness is more bodyfulness than it is mindfulness. It's more a process of the mind entering into the body so that we're embodied. So we are bringing a kind of a state of presence or a state of attentiveness to our experience through the body. And the body has a couple of characteristics that are really important for this practice. One is that your body, as opposed to your mind, your body is always in the present moment. So to ground yourself in your body is a way of being in the presence.

And the body in some ways is kind of simple, the simple experiences of the body. And so it's the mind that makes things complicated. We think about things, and analyze things, and expect things, and wonder what to do, or are confused about things. But the idea in mindfulness practice is not to live too much—little bit's okay, but little—in this world of thinking, and analyzing, and figuring things out. If we're in the mind a lot, what we're trying to do is to invite the mind to be partnered with the body, to bring the body and mind together so that we're operating together. That's how we're designed for the mind and body to be: mutually interacting or one whole.

And it's so easy in this life that many of us live in the modern world to spend, to prioritize the mind, prioritize our thoughts, our ideas. And one way many of us do this is for every minute you spend on your device or some screen, you're actually more in your mind than in your body. Sometimes it's dramatically so. People lose touch with their body absorbed in the

screen. And there's all these forces in our culture these days that keep people in their mind, their opinions, their stories, their worries about what's coming, and planning, and all those stuff. And all those things have their role, but it takes us out of this harmony that we want to find, of the body and mind working together.

And everything works better if the mind and body are connected. And the body is always in the present. So it's the task of your mind to help you, and have the mind, have your attention enter into the body. So that maybe you're much more embodied with whatever you're doing. Whether it's sitting, walking, cleaning, whatever you're doing, there's a sense of being, participating through the body. So with that, maybe that gives you a little bit of something to practice with today or explore. And I thank you for being here, and I hope you enjoy the morning.