

Deep Check In

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So sometimes I think of meditating as a time to do a deep personal check-in, to be quiet and still, and really check in what's really going on here, what's happening on the inside, what's happening in your body, in your heart, in your mind. And to really find out the ins and outs, they call it the inner ecology, just kind of search around, really check in deeply, like a friend who you haven't seen for a long time really wants to know how you are. So you check in and really tell them, not about what's going on in your life so much, but what's really happening here now. And maybe check in in a way that you don't often check in with yourself, really find out what's happening, what's going on.

And then to embody it, meaning really the embodied awareness, really kind of enter into it and be close to it, be connected to it, really feel it more fully. So rather than trying to get rid of something, you want to kind of see if, once you've checked in, can you sense it, feel it, be present for it in some deeper way. So kind of from the inside out. And breathe with it. Breathe with it, breathe around it, breathe under it, breathe through it, just as a way of staying present and mindful.

And so the breathing keeps you from getting too reactive or caught up in thoughts about it. So you can just kind of be there, very, very simple. And then see what happens with all that. What shifts and changes on its own? Is there a shift that you get more subtle? Does something let go? Do you get more activated? What happens? Track yourself. And then start the whole process over again.

So that's one way of understanding this practice, and so you can do that during walking meditation, and you can do it in the next sitting. And if you want to try these instructions, think of it as being very little thinking involved. Just enough thoughts to keep yourself on track, just enough thinking to check in and know what's going on, but not elaborating and not telling stories. So thank you, and I'm happy that you came today.