Practice

Angela 2 — Week 5, Day 2, Session 3 — 14 minutes

Summary: Guided sensing of the body, ordinary aliveness, and the space around, with feelings acknowledged rather than worked on. Then a practice in groups of three: one person speaks simple physical notices, and the others listen, letting those statements orient their attention.

Settling into the body

Yeah, so just take a few moments to settle down. Feel how your physical body is here right now.

And doing that, I'm hoping that at this point you don't only go toward the things that are uncomfortable, but that you're really opening to — I'm here on this spot, and there's a lot that's alive that can be sensed, and takes a kind of active attention to sense things that are not demanding attention.

Takes an active choice to go towards the ordinary, phenomenal.

Just kind of saying hello, sensing I'm here on this spot.

Often helpful to begin with the ground sensations. They're often very tangible. You know, the weight of the head and the weight of the heels, back of the pelvis, and the hands and what they're touching.

And then go to some of the other phenomenon, maybe some things that are calling for attention. There's some tension or some discomforts, and to acknowledge that they're in your presence, they're in your field, in your light.

And just as in a focusing kind of process, I find that the physical body really responds well to that kind of non-judgmental, unconditional — oh, that's there. Hello.

So often, sensing something in our body triggers all the stories about them, about what's going to happen to them, what did happen. And we can notice that, but then choose to be with the basic facts.

What might like to happen

Yeah. So sensing, and just noticing any kinds of movements that your body might enjoy right now. Maybe you just like being here and breathing, and that's fine. But just take next couple of minutes to listen and allow anything that might like to happen.

Take your time. I'll just give you a couple of minutes to feel into what might like to happen. If anything.

[Silence 46 seconds]

And let the noticing be very light, very kind of that spaciousness of awareness where you're not too focused, you're not working hard. Sure.

There's some sensations that you're with, and there's that open quality of awareness that is always larger than whatever is being perceived.

Feeling and space

And as you're here, and can continue to move or stay still, also notice something about the feeling state. How it is to be you. How you are at this moment.

Are there particular thoughts and feelings emerging that are with you from what you left behind? Ways that you're feeling comfortable or uncomfortable about the space that you're in here?

So just allowing that acknowledgement. It's like not going into, not working on, but acknowledging that level of the self and grounding in the physical body, so that we're practicing that movement.

Notice how you can also shift your attention to the space around you, to the world that you're in. You can open with your hearing, with your attention, out into space.

It's a movement that you've worked with. That you are more than the physical body, that you include — your attention gives you a larger spatial body.

And of course that influences the physical body, to open your attention to include the space around you. The walls, the ceiling.

The boundaries of the physical body are as permeable as we allow them to be in our perception, and become more solid or more permeable.

Yes, and please roll to your side. Come up to sitting.

Groups of three

So the next practice I'd like to do together, I'll invite you to get together with two other people. It's a group of three, and if anybody'd like to be in a chair, let's have you all in chairs. It's good to be at the same level, so good to be in a chair.

So in this practice, we're going to be emphasizing the physical sense of what you can notice about your body sitting here. That's kind of in the foreground.

Now when I say physical body, I'm including the space around you, with how you notice yourself. When you're noticing that there's some feeling quality, some thoughts that come in, you're acknowledging them.

So you're not ignoring the feelings that are alive in you, or thoughts that come, but this is not a time to go into the stories of what you've left and what's concerning you.

It's just — you can acknowledge. You can be: I'm noticing the weight in my bottom.

Pausing. Take your time. Don't rush through this. Not thing to thing.

Just really, each time you say something, everybody can settle in together into those sensations, as we've done before.

Sensing the right hand on the leg.

And breath comes.

And jaw opens.

And the thought goes through of Lily flying.

Feeling the smile on my face that comes.

And there's some kind of sad place comes in there also.

And the breath. Coolness of the breath in the throat.

I'm moving back in space and hands moving on the legs.

The sound of my voice, resonance in the throat.

Tingling of the bells, the chimes.

Kind of settledness that's coming.

I thought maybe I should stop and let you start.

Something doesn't want—

And laughing and the belly moving. You get it?

Taking turns

So it's mostly grounding yourself in your physical reality and acknowledging the feelings and thoughts, letting them be in the background, not pushing them away, but not letting them take over either.

We orient towards — and the physical can include hearing, include space, include all the ways you know that level of self.

Is there any confusion? Anything need clarification?

So somebody's going to be speaking. I will ring the bell when that person should stop and go on to the next person. And it's not really important that you know how long it is, so I'm not going to tell you.

Take your time, pause, and my biggest encouragement is enjoy.

For me, just being with my process and having people listen to it, there's something that gets very touched inside.

And the people listening, use their statements to guide your attention. Not that you have to guide into their particular feeling or how it feels to them, but where they're oriented toward.

Okay, so enjoy.