

Body in the Body

December 4, 2016

- ❖ **Why Meditate?** *Identifying inspiration and benefits will help us continue.*
- ❖ **Characteristics of the energy of mindfulness** (*light of awareness*)
 - Recognize, accept, embrace, look deeply (**RAEL** – *lord of light*)
 - mindful of something
- ❖ *“a practitioner remains established in the observation of the body in the body, **diligent, with clear understanding, mindful, having abandoned every craving and every distaste for this life**”*

- ❖ **Sitting:** finding a comfortable and upright sitting posture in a conducive environment
- ❖ *“She breathes in, aware that she is breathing in. She breathes out, aware that she is breathing out.”*
 - Where do you experience the breath?
 - Follow breathing at: nostrils, whole cycle through body, abdomen

- ❖ **Position of the body:** *when a practitioner walks, he is aware, ‘I am walking.’ standing; sitting; lying down*
- ❖ **Movements of the body:** *going forward or backward, he applies full awareness to this; looks in front or looks behind, bends down or stands up; eats or drinks, chews, or savors the food; passing excrement or urinating; sleeps or wakes up; speaks or is silent*