

Sitting in Awareness

Sit upright, grounded, alert, relaxed.

Don't hold the body up. Balance & let go.
Let the ground support you.

Notice the sensations & movements of
breathing in & breathing out.

Invite the whole body to breathe in & out.

Relax from the inside. When the body
settles, the mind settles.

Let all your senses open: touching, seeing,
hearing, smelling, tasting, temperature,
balance, location.

Feel the whole spine, from tailbone to
skull. Let it move as you breathe.

Don't try to hold body or mind still.
Rest in the sitting breathing body.

Sit *here*, in *this* place.

Notice that sensations, feelings, &
thoughts are all there is, appearing &
disappearing on their own.

Breath connects body & mind.

Appreciate the qualities of each sensation,
feeling, thought — the ones you like, the
ones you don't like, the ones you ignore.

Don't try to control, block, or create certain
thoughts & feelings. Resting in the body,
include whatever arises.

*Just rest, like a great ocean accepting
hundreds of streams. (Hongzhi)*

Let exhaling be complete. Let whatever
you're holding drop down through your
body & release into the ground.

Notice the gap between breaths.

Notice the gap between thoughts.

Don't fidget or hold still. Rebalance as
needed so you're resting, alert, settled.

Don't hold attention. *Rest* attention in the
experience of sitting & breathing.

Start anew as needed, again & again.

Short sessions, many of them.

Don't waste time or energy fighting or
chasing what arises. *Let what arises rise;
take care not to follow.* (Milarepa)

Form the intention to know & appreciate
your actual experience just as it is.
Then practice doing that, again & again.

Invite the whole body to sit so no part has
to do extra work. Don't arch, slump, or
hold. Stack your bones on your seat so the
body can rest.

Let awareness ride the breath through the
whole body, right out into fingers & toes.

Notice the moving & the stillness involved
in breathing & in sitting.

Gently open awareness again & again.
Whatever arises is fine. Gently mix it with
awareness & breathing.

Let awareness expand to include all that is
in & around you. Open like the sky. Trust.

Don't try to get rid of "distraction."
Whenever you discover you've been lost in
the maze, just drop back into the center —
the breathing body. Return & rest.

Let subtle sensing of the breath reveal
balance & imbalance in the bodymind.

*Completely mix three things:
awareness ~ breathing ~ sitting*

