

EFFORTLESS MINDFULNESS

SEEING WITH THE EYES OF THE HEART

Session Two

PRACTICING ARRIVING

Establishing your posture ... setting your intention ... why am I here?

"Our appointment with life is in the present moment." — Thich Nhat Hanh

"Don't pursue the past, don't anticipate the future, let go of the present, relax right now." — Gampopa, 11th c. Tibetan teacher

"Relax and sit loosely." — Tsoknyi Rinpoche

"Allow everything to be just as it is." — Adyashanti

Four Somatic Markers: Grounding, Aligning, Spaciousness, Heartfulness

THE PHYSICAL BODY

Establish your posture.

Sink and soften into the support of your seat.

See what wants to relax.

Let gravity soften you.

BREATHING

Dropping out of the thought factory

Three point object: rising ... falling ... posture (the “felt sense” of the body)

A foreground/background shift

Breathing is always already here.

Letting your body “breathe you.”

FROM DELIBERATE TO EFFORTLESS MINDFULNESS

With deliberate mindfulness, we're using physical sensations and breathing as the object of attention.

With effortless mindfulness, we're using awareness itself as the object of attention.

“Being Aware of Being Aware”

ROTATING CONSCIOUSNESS

“Taking the Backward Step” or, “Zooming Out”

Noticing Space ... Bi-directional Viewing

“What we are looking for is what is looking.”

Glimpsing: “Short moments, many times.”

WITNESSING THE WITNESS

Glimpsing: Be patient with yourself.

Computer Screen/Content analogy

Typeface and white space on the page

The “witness protection program” ... not dissociation

Unhooking and Stepping Back: “Is this legal?”

KNOWING

Today's Meditation

Grounding in the Physical Body and Breathing

Noticing the Vital Body: “the hum of Being”

Inquiry: what knows these tingles and sparkles of sensation?

LUMINNOUS CONSCIOUSNESS

The Magic Question for Glimpsing: What knows X?

What knows this sound ... this sensation ... this thought ...
this emotion ... this memory?

Knowing Knows

What is Knowing? A portal into Mystery, or Unknowing

DIMENSIONS OF BEING

A Map of Levels of Consciousness

Phillip Moffitt: *Awakening Through the Nine Bodies:
Explorations in Consciousness for Yoga and Mindfulness
Meditation Practitioners*

The Physical, Vital, and Emotional Bodies

THE EMOTIONAL BODY

This Emotional Body, or Emotional Dimension, is not emotions *per se*, but the *capacity* to know and hold thoughts and emotions in knowing.

Ocean/wave analogy

“The ocean is in the wave.”

“HOLDING SPACE”

This capacity is “intrinsically empty, naturally radiant, and ceaselessly responsive.”

We’re stepping out of the the mind’s fascination with thought, and “stepping back” into Lovingkindness and Compassion

Where in your body is your mind?

The twelve inch journey from the thought factory to the heart

AN INVITATION

Inhale through the front door of the heart ... through the back door of the heart into the space behind you ... then exhale from the space behind you back out the front door of the heart ...

Now imagine you have eyes in your heart ...

And look from the eyes of the heart

REMEMBER:

In daily life, short glimpses ... many times.

“Well-being is found not by calming the mind, changing our thoughts, or shifting our attitudes, but by actually shifting to a level of mind that is already calm and alert.” — Loch Kelly,

Shift into Freedom: The Science and Practice of Open-Hearted Awareness

David Whyte:

“Just Beyond Yourself”

SPACIOUS AWARENESS

This is where Forgiveness lives.

Spacious Awareness is not objecting to this moment.

The Brahmaviharas: the “Divine Abodes”

Lovingkindness, Compassion, Appreciative Joy, Equanimity

IT'S ALREADY HERE

“So close you can't see it

So subtle your mind can't understand it

So simple you can't believe it

So good you can't accept it.”

Here's the Zoom link for One River Nashville's meetings on first and third Wednesdays, 5:30-6:30 pm CST.

Join Zoom Meeting:

<https://us02web.zoom.us/j/8618452376?pwd=SG5LSkFkald2VHVVaRElMKo5zNopVdz09>

FURTHER EXPLORATION

Daniel Brown, Ph.D. Senior Teacher
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pointingoutway.org

<https://pointingoutway.org/teachers/-Jcvu2FhPLZg5Zx5rxsX/daniel-brown-phd>

click on link to interview with Terry Patten