

EFFORTLESS MINDFULNESS:

SEEING WITH THE EYES OF THE HEART

Session Four

“The winds of grace are always blowing, but we have to raise
our sails to catch them.”

— Sri Ramakrishna Paramahansa

THE PHYSICAL BODY

Earth element: the bones are hard and heavy

Wind element: the breath rises and falls

Fire element: the body's warmth and coolness

Water element: wetness

Space element: inside and outside the body

THE VITAL BODY

Sparkles and tingles of sensation in the hands

And arms and shoulders ... and feet ... and legs

Appendages ... and torso ... and head

The prana body ... the chi body

The hum of Being ... the Body of Belonging

THE WEB OF CONNECTION

Tuning in to the Vitality of life ... the Web of Connection

John Muir: "When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

WHAT KNOWS THE VITAL BODY?

This simple inquiry is the key to Luminous
Consciousness ...

to Awake Awareness ...

to Seeing with the Eyes of the Heart ...

Where is this knowing? Where am “I”?

THE EMOTIONAL BODY

Remember, this dimension of Awareness is not emotions *per se* but the capacity to hold the waves of emotion and thought with benevolence.

The ocean of Lovingkindness and Compassion

How do you feel toward the emotion or thought?

Concerned, Resisting, or Welcoming?

FOUR SOMATIC MARKERS

Groundedness ... the Physical Body

Alignment ... the Vital Body

Open-Heartedness ... the Emotional Body

Vast Spaciousness ... Luminous Consciousness

THE BODY KNOWS THE WAY

A memoir of coming through the Dark Night

Overwhelmed by Grief ...

Electroconvulsive Therapy, or ECT

“THE ESSENTIALS”

Unhooking and Stepping Back

Turning and Looking

Tuning In and Relaxing

STEPPING BACK AND UNHOOKING

When blended with a thought or emotion ...

For example, “I am sad ... mad ... afraid ... ashamed ...”

Reframe: “He’s sad, etc.” This *part* is sad.

TURNING AND LOOKING

What knows this sadness, fear, anger, or shame?

The first “You Turn”

Dis-identifying with the thought or emotion or belief ...
taking up a different base of operation in Awakened, Open-
Hearted Awareness

TUNING IN AND RELAXING

The second “You Turn”

The all-important “felt sense”

Noticing bodily contractions, knots of emotion ... thought ... belief

Remember, first “Resource from the Source”

Then, bathe the contraction in the Benevolence of the Source

AN EXAMPLE

Noticing you're activated, triggered, "hooked," entangled, blended:

"I'm frustrated ... pissed off ... outraged, etc."

Unhooking and stepping back from the thought/feeling

What knows this anger?

Linking the "felt sense" of the anger with Open-Hearted Awareness

Resting for 90 seconds in this Benevolent Knowing

LINKING WITH AN ATTACHMENT FIGURE(S)

In your mind's eye, going to a Sacred Place ...

Feeling into the sounds, smells, shapes and colors there ...

Inviting a Spirit Being ... a Spirit Animal ...

See who comes to be with you ...

Resting in their meditative gaze ... the Sacred Gaze

Their hand on your heart ... your hand on their heart ... breathing together

This is *darshan*, resting in the meditative gaze of a Sacred Being or Image

EFFORTLESS MINDFULNESS?

So, what's so effortless about all this?

There *is* effort involved in “pushing the boat off from the dock,” i.e., employing The Essentials.

But once you're in the current of the Source, you relax, and the current carries you, effortlessly.

Galway Kinnell: “St. Francis and the Sow”

REMEMBER

Short Glimpses, Many Times, Turning and Looking

Am I available?

To what? THIS Luminous Consciousness.

THIS is available.

There is the foreground *content* of the present moment, and the background *context* that is holding this content of thinking/feeling/sensation.

Remember, it's THIS context that makes all the difference.