

Body in the Body: 2

December 18, 2016

- ❖ **Review from previous class: breathing and movements, benefits of practice**
 - Conducive place to practice
 - Use of gathas
- ❖ **Let loving intention infuse the practice: May I be happy, May I be well, May I be peaceful.**
 - How do we see ourselves?
 - What is our relationship with our bodies?
- ❖ **Body Scan: “the practitioner meditates on her very own body from the soles of the feet upwards and then from the hair on top of the head downwards”**
 - Aware of ease/circulation and pain/tension, allowing opening and release
- ❖ **Aware of parts of the body and organs: hair of the head, the hairs on the body, the nails, teeth, skin, flesh, sinews, bones, bone marrow, kidneys, heart, liver, diaphragm, spleen, lungs, intestines, bowels, excrement, bile, phlegm, pus, blood, sweat, fat, tears, grease, saliva, mucus, synovial fluid, urine**
- ❖ **Elements of the body: “the practitioner passes in review the elements which constitute the body: ‘In this body is the earth element, the water element, the fire element, and the air element.’**
 - Elements in our body and outside our body
 - Quality of equanimity/inclusiveness of elements
- ❖ **We practice Mindfulness, Ethical Conduct and Deep Looking, not only Bare Recognition**