Morning Instruction - Body, Mind-States and Q&A

Pascal Auclair · Notable Dhamma Teachers — Three-Month Retreat (IMS 2012) · 44:55

Landing in this moment, in this body—we have never been in this body now before. This is a completely new experience right now. Never been here now before. What is it like to be incarnated, embodied, now? How does it feel?

Remembering that we have nothing to produce here, nothing to create, just opening up, learning to receive. Learning to receive experience at the sense doors. Being particularly interested right now in sensations, touch. Allowing sounds to appear in the field of consciousness as they will do, nothing to reject.

Letting mindfulness of the body become the body's mindfulness, as Dogen would say. Letting the feet know the feet. Letting the breath know the breath. Even letting hearing hear. Letting the earth know the earth—not mine, not me, not I—just heaviness or lightness, hardness or softness. Letting the air element create vibrations and movement—not me, not mine, not I—just the arising and falling of belly nature. Letting the body radiate its heat—not me, not mine, not I—just heat, fire, coolness. Letting the fluidity and the tightness be there. Not I, not mine.

And in the middle of this embodied experience, discovering the state of mind, the qualities of the mind. Discovering the presence of interest or not, calm or not, the presence or absence of joy, enthusiasm. While hearing, breathing, sitting here in this body with these senses, discovering the fluctuations in the attention—sustained or intermittent, shaky or well-established. No judgments. We just want to know the state of this body, heart, and mind.

Discovering the nature of the body and the nature of the mind-heart. Not telling phenomena or experience what they are, but discovering them, tasting, feeling, sensing the elements of the body, maybe the qualities of the mind also. Tight mind feels like this. Open mind feels like this. Scattered mind or gathered mind feels like this.

And we keep calmly knowing change. How is it to be in this body now? And in this mind? Is this mind, this attention, non-violent? Is it friendly, benevolent? Become aware of this quality of mind, the presence or absence of friendliness in the heart-mind.

If you wish, you can again take a moment to see what qualities of mind might be hindering or afflicting your experience right now, what qualities might be entangling here—some aversion, or slight or intense wanting of something else. It is good to recognize the presence of these in the mind.

Similarly, there are qualities present that are for your benefit, freeing the mind, making the mind beautiful in a way. Take notice of that—the trust, the confidence, the balance of the mind, the caring, or the clarity.

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