

Quote of the week:

Don't search for isolation in a mountain retreat.
The mountain of your body is the best sanctuary.

—Maitripa

Practice of the week: Descent into Feeling

What do you notice right now below your neckline? It might be the feeling of your feet on the floor. It might be the cool tingling of the air on your arms. It might be the feeling of your diaphragm rising and falling as you breathe. It might be an ache in the body. Search your experience and find just one bodily feeling.

Try closing your eyes and let the feeling draw you down, so that your witnessing mind actually drops from the headspace into the body.

Travel down to the place where the feeling is most vivid and vibrant, then surround it with your attention.

What do you notice? Is there a coolness? A warmth? A tingling? A heaviness? Tension? Whatever is there, be curious and explore it.

At some point, encourage your attention to let go and dissolve into the feeling. Your mind is now **saturating** the feeling, as if your mind were water and the feeling a sponge.

At this moment, it is possible that you will lose track of the watcher. There is no longer a "me" separate from the feeling. There is just pure sensation.

When you drop in this way, whatever you were ruminating about or stuck on fades. You become less entangled.

This kind of practice helps us awaken, as if from a dream. In the dream, you believed your ideas about the body. But when you enter the body, there is just raw presence. The thoughts you so believed to be true fall apart like ash. In your dream, your mind seemed to be separate from your body, but when you wake up you discover they are one.