

Week 3: Meditation in Motion

Quote of the week:

Even though I am suffering, weak, my youth gone,
still I go on,
leaning on a stick,
climbing the mountain.

I threw off my outer robe,
and turned my bowl over,
I sit on a rock and my heart is freed.

– Mettika, one of the Buddha's female disciples, describing her enlightenment experience

Practice of the week: Transforming Exercise into Sādhanā

Before you begin, pause for a few minutes to sit with your all over body aliveness. Connect to the subtle body which is vibrant, energetic and blissful.

Give rise to the motivation:

My body is the body of all beings.

May I breathe for all beings.

May I move for all beings.

May I become awakened for all beings.

Now begin your routine.

Spend the first third of your routine staying mindful of your breathing. Dissolve the separation between breath and mind.

In the middle of your body session, notice your body's all over aliveness, your body's subtle energy or prana. When your body moves, prana is especially vivid and bright. Dissolve the separation between prana and mind.

Spend the last third of your routine releasing all effort. See if you can let the running run you, or the swimming swim you, etc. Dissolve the separation between body and mind.

Gradually apply the principals of sacred sadhana to other forms of movement. Try it when cycling. Try it at the gym. Try it in water.