

# Practice Note: Noticing What Is Relaxed in the Body

**Transcribed and edited from a short talk by Gil Fronsdal on February 10, 2016**

Many people have a strong tendency to be selective about what they pay attention to. There may be many things to be particularly interested in or worried about. There are biases and ideas about what is important. And, often, people don't pay attention to what is most useful. For example, people who worry a lot pay a lot of attention to their worries, even just the sensations in the body.

One thing that is useful to do when you meditate is to give some attention to the place in the body where you feel grounded, stable, or centered. Notice where in the body you feel calm and settled. Spend some time to find the place in the body that feels like a resting place for your attention, a place that feels centered.

Find that place, be with it, breathe through it for a while. See if you can use it as a reference point for anything else you pay attention to. It is as if you are being aware from that place in the body. Many people are aware from the control tower in the head, which is not usually a

nurturing place.

Then, see if you can feel in your chest, stomach, or torso a sense of stability and groundedness. Or, perhaps that sense might be elsewhere, like in the hands or feet. Then have that as a reference point for whatever else you pay attention to. In this way, if you do pay attention to anxiety or something difficult, then it's done from a context, a place that is stable, calm, and settled.

This practice can be done either in sitting or in walking meditation. It can be done at any time during the day. Then, hopefully, parts of yourself that have often been overlooked can become a support for you.