

# Practice Note: In the Body

**Transcribed and edited from a short talk by Gil Fronsda1 on August 25, 2010**

One of the advantages of meditating when it's hot, is that it puts you into your body – you are much more likely to feel connected to your body, and your body sensations are somehow more connecting. You can fight that and complain about it, or you can relax into it. Relaxing into it can help, and sometimes in the present moment, you feel much more grounded or connected to your body.

Being in your body is really helpful for this practice. It's strongly encouraged that you try to come back to your body, to be in your body, and to feel yourself grounded in your body. When you're walking, feel it in your feet, and feel connected to the ground. When you're sitting, whether in a chair or on the floor, try to feel like you have a low center of gravity. Really feel the weight and the contact, because the more you're grounded or connected to your body, the easier it is to let your mind do nothing. To say it in a different way: when you're in your body, it's easier to let go of your involvement with all your mental interests.

Some of you have a lot of interests that you don't even know about [laughs]. It's not wrong to have the mind thinking and wondering about things, but the idea is to step out of that so that our interest, our involvement, or our attention, isn't feeding into those thoughts and ideas. In a sense, we let the inner landscape of thinking come to a stop, which is certainly easier said than done. You have some sense of being centered within, where there's a feeling of not doing, even though there might be all kinds of feelings and thoughts swirling around.

The body is a great help to come to that inner place where you're just here, and not doing anything. Then with the 'here' – this centered place – a lot of things can just fall off, relax, fall away, unwind, or not be as bothersome as they might be.

I hope you have a nice morning of practice. Thank you.