

Methods of practice

Anthology of lectures

Practice Publishing House

Contents

Mindfulness and Awareness	1
1 The Practice of Presence Beyond All Methods	1
2 The Importance of Daily Practice	5
3 The Power of Posture and Stillness	11
4 Finding Stability in the Body and the Breath	19
5 Sitting in Silence	24
6 The Art of a Balanced Posture	30
7 Understanding the Nature of Attention	33
8 Body and Mind in Harmony	36
9 Breathing and Presence	37
10 Sitting to Meet Oneself	40
11 The Mind at Rest	41

12 Balance Between Effort and Letting Go	44
13 Understanding Emptiness and Clarity	45
14 Practicing Awareness Every Day	50
15 The Path of Experience and Direct Perception	52
16 Resting in Deep Stillness	55
17 Posture and the Flow of Thought	57
18 The Art of Inner Alignment	60
19 Awareness Beyond Thinking	64
20 A Posture of Total Connection	68
21 Walking with Presence	72
22 The Gesture of the Hands	73
23 The Rhythm of the Breath	75
24 Understanding “What Is”	84
25 Correcting Ourselves Through Awareness	86
26 Practice as Life Itself	90
27 The Quiet Wisdom of the Body	97

28 Infinite Understanding	103
29 Peace Beyond Grasping	105
30 Breathing with Awareness	109
31 Keep an Open Mind	111
32 Unity of Body and Mind	113
33 Moments of Insight	117
34 Posture in Motion	121
35 The Virtue of Calm Attention	122
36 Harmony Between Breath and Awareness	126
37 Understanding Unity	129
38 The Essence of Practice	131
39 The Breath of Understanding	133
40 Moments of Still Reflection	134
41 The Correct Posture of Presence	136
42 Unity in Everyday Awareness	137
43 Mastering the Breath	140

44	Thought, Breath, and Inner Clarity	142
45	Stillness and Depth of Mind	145
46	Awareness, Posture, Breathing, and Presence	149
47	Balance Between Body and Mind	161

CHAPTER 12

Balance Between Effort and Letting Go

In a world driven by speed and constant stimulation, sitting still can feel almost unnatural. Yet it's in this quiet pause that awareness begins to unfold. Mindful sitting isn't about escaping thoughts or reaching a special state — it's about noticing what is already here. The body breathes, the mind moves, sensations arise and pass. Through gentle attention, we rediscover a simple balance between activity and rest.

Over time, this practice builds a quiet strength. We learn to respond instead of react, to listen without rushing to fill the silence. The small act of sitting with presence — even for a few minutes — becomes a daily reminder that clarity doesn't come from doing more, but from seeing more clearly.

Stillness doesn't remove the challenges of life; it gives us space to meet them. When we practice awareness in this way, attention ripples into everything we do — walking, speaking, working, resting. The power of stillness is not withdrawal, but participation with full presence.