

In shamatha-vipashyana meditation, we sit upright with legs crossed and eyes open, hands resting on our thighs. Then we simply become aware of our breath as it goes out. It requires precision to be right there with that breath. On the other hand, it's extremely relaxed and extremely soft. Saying, "Be right there with the breath as it goes out," is the same thing as saying, "Be fully present." Be right here with whatever is going on. Being aware of the breath Pulling Out the Rug as it goes out, we may also be aware of other things going on—sounds on the street, the light on the walls. These things may capture our attention slightly, but they don't need to draw us off. We can continue to sit right here, aware of the breath going out.

In the recent past, UAVs were most often associated with the military, where they were used initially for anti-aircraft target practice, intelligence gathering and then, more controversially, as weapons platforms. Drones are now also used in a wide range of Overcoming Resistance civilian roles ranging from search and traffic monitoring, weather monitoring and firefighting, to personal drones and Empty Boat business drone based photography as well as videography, agriculture and even delivery services.