

MEETING THIS IMPERFECT LIFE AS IT IS

We are going to work with a practice of INCLUDING our feelings and thoughts and perceptions in our body-mind awareness right along with sensations in the body. Through this process of inclusion, we are allowing everything to be here exactly as it is held in relationship and in our awareness, while opening to new possibilities. Have a notebook and pen nearby for you to take notes if you wish as we go along. (Pause)

Now begin by noticing the sensations in your feet, your toes, the top of your feet and the bottoms of your feet. Allow the sensations to be vivid and full in your body-mind awareness.

Now slowly move your attention to include awareness of the sensations in your legs, including your ankles, your calves your knees and your thighs. Again, allow the sensations to be vivid and full in your body-mind awareness. (Pause)

Now, ask yourself who is noticing these sensations? You are not looking for an answer per se but a felt sense in the body of being aware. (Pause)

Now expand your awareness to include some of your thoughts and feelings around the COVID-19 to appear in your awareness. These could include fears of getting the virus, fears of family getting the virus or healing with the virus, financial concerns or concerns around work or grief or anger you feel around the way things are right now.

You are not telling a long story about this or spinning into what could happen. You are simply noting and noticing first that you do have feelings and concerns and second what those feelings are that you have around the virus and the uncertainties. You're just noting them and for this moment, you are not trying to

For this moment, you are not trying to fix them or make them go away. You are allowing them to exist vividly in your mind-body exactly as they are now appearing. (Pause)

Now, ask yourself who is noticing these feelings? You are not looking for an answer per se but a felt sense in the body of being aware. (Pause)

Now bring your attention to the sensations in your fingers and your arms. Just notice these pulsing sensations, allow them to be as they are. It doesn't matter what they are. Again, you are simply noticing the sensations and allowing them to exist vividly held in your body-mind awareness right along with the concerns you have noted around the virus. (Pause)

Now allow some of the desires you have to appear in your awareness. These could include desires of health and financial well-being, of healing for yourself and for others, for compassion or kindness, for new possibilities of wholeness and aliveness in the contracted places. It doesn't matter what they are. AGAIN, you are not telling a long story about your desires. You are simply noting and noticing them and including them in your awareness. (Pause)

Now, ask yourself who is noticing these feelings of desire? Again, you are not looking for an answer per se but a felt sense in the body of being aware. (Pause)

Now bring your attention to the sensations in your spine beginning at the base of your spine and moving up through your neck and into your head. Allow the sensations to be present and vividly held in your body-mind-awareness. (Pause)

Now bring your attention to the spot about 2 inches below your naval. Be aware of the sensations there, you might be aware of the sensations going deeper inside the body. Just notice them. (Pause)

Now allow the sensations to spread throughout the rest of the torso. Feel these movements throughout the body. (Pause)

Now include even more. Expand your awareness until it includes more of your relationship with yourself or with others: images and feelings and thoughts of

gratitude for the preciousness of your life, the people in your life, whatever it is you feel gratitude and love for here and now. (Pause)

Now, ask yourself who is noticing these sensations and these feelings and thoughts? You are not looking for an answer per se but a felt sense in the body of being aware. (Pause)

Now do one more thing expand your awareness to include these thoughts:

- Every feeling, thought and perception which is allowed to exist exactly as is in relationship with all of life and naturally reveals the light of compassion
- Sadness when it is allowed to be sadness with nothing added to it is the revelation of the preciousness and compassion of life.
- Uncertainty when it is allowed to be uncertainty is an opening into new possibilities and new ways of being.
- Desire when it is allowed to be desire opens our heart and mind and bodies to include more of a relationship with the beauty and imperfection of the world.
- Love when it is allowed to be love includes more and more life for such is the nature of love.
- The unsolveable imperfection of the world when it is allowed to be reveals the mysteries of how God/Wholeness is fully present even when it appears God is absent.

Now bring your attention back to the sensations in your body. Sit here in silence, notice what arises in your body-mind-awareness.

Then slowly bring your attention back to the space. Make a few notes if you want and then we will share.