



## Knowing with the Body

The body is the first foundation of awareness in Buddhist practice. A buddha's insight or "clear seeing" (*vipassana*) is not only conceptual -- it's a full-bodied knowing. Cultivate all your senses, individually and in unison; explore how the senses overlap and how they arise together.

### Exercises

Feel the sensations and movements of the breathing body.

pulsing between the palms held a few inches apart.

Notice air, sunlight, water, ground.

Feel the pace and rhythm of breathing.

Notice the movement of living beings and things.

Notice sensations coming and going in the internal organs in the chest, abdomen, and belly. Massage the organs gently, and then sense again.

Feel the sensations and movements of the breathing body.

Close your eyes and walk around, noticing the movements and changing shapes of the body.

Sense your heart beating in your chest, your neck, your hands. Place your hand on your heart and feel it beating. Feel the pulse of blood in your wrist or neck.

Notice the changing shapes of your body whether sitting, standing, walking, lying.

Sense time: its pace, rhythm, cycles. How does your time-sense affect your emotions and stories?

Notice how long or short your limbs feel.

Notice the location of your body in the space you're in. Feel the space around you.

Feel internal organs moving as you breathe in and out, and as you move about.

Notice the objects around you. Notice the space around objects, as well as the objects themselves.

Notice smell and taste arising together.

Notice that different tastes arise in different parts of the mouth.

Don't just look at objects ~ feel their presence and location in space.

Feel the radiant warmth of sun, animals, fire, warm stone, and emotion. Feel the coolness of water, breeze, metal, and cold stones.

Notice the movement and energy of emotions and stories.

Notice pressure and release while walking, sitting, standing, lying down.

Notice the pace and rhythm and tone of your own and others' voices.

Lie on the floor or the ground; feel and smell the earth; look into the sky.

Notice sunlight and shadow on skin.

Notice color, shapes, movements, light and shadow.

Feel the temperature of the outside and inside of the body.

Shift your weight back and forth. Notice the sense of balance arise in feet, belly, inner ears, and eyes.

Feel the thickness of the body and of the skin.

Close your eyes and slowly face different directions. Feel the internal magnetic sensing of direction.

Notice how different parts of the body can sense where the other parts are.

Rub your palms together; sense warmth and energy rising. Feel electromagnetic energy

Feel the sensations and move breathing body.

