

CLASS CONTENT WEEK 4

- **Review** 30 Minutes with Q&A
 - Life is a series of moments. If you objectively observe consciousness moment by moment, you discover a continually changing landscape. Wherever you go there you are. When it comes right down to it, the challenge is to realize that, “This is it.” Right now is my life.
 - Has anyone discovered or settled upon a meditation technique they prefer to use?
 - How are your thoughts and feelings arising now different from a few weeks ago?
- The **core** foundations of mindfulness sitting attitudes are (1) non-judging, (2) patience, (3) trust, (4) non-striving, (5) acceptance, and (6) letting go.
- Three **keys** to help adjust mindful sitting: Alignment, Relaxation, and Surrendered Resilience
 - **Alignment:** The tallest skyscrapers and trees are only able to attain their remarkable height because of their vertical alignment. Gravity supports structures that are balanced and aligned in this way. If you can consciously, but effortlessly, bring the major segments of your body into a predominantly vertical alignment, gravity will support you as well.
 - **Relaxation:** The purpose of alignment is that it allows us to relax. A body that is not aligned relies on constant muscular tension to remain upright, for if it were to relax its tension, it would fall to the ground. Tension blocks out our awareness of sensations, so once we are able to relax, we can start to feel the body and our formerly unfelt sensations start emerging.
 - **Surrendered resilience:** To stay relaxed, the entire body must be able to remain in subtle but constant movement, like an amoeba that continually expands and contracts. Breath, for example, can be felt to move through the entire body, causing subtle movement to occur at every joint. If we resist this natural bodily movement by holding ourselves still, we will bring tension back into our body, forfeit our relaxation, lose awareness of sensations, and yet again become lost in the involuntary story lines of our mind.
- **Exercise** (45 Minutes) Moment-to-Moment Meditation – If problem sitting then allow yourself to take a break.
- **Closing Q&A** - Many traditions tell the tale of the **blind men and the elephant**. Isn't it revealing that we rarely think of ourselves as one of the blind? We prefer to see ourselves as watching the sorry squabbling of the sightless. It's humbling, though, to see how easily we're pulled into this kind of deluded certainty and position-taking based on our attachment to views and opinions. We're so sure: “This is not an opinion, it's a *fact!*”
 - Future possibilities; Discovery Center MtM Series