

Waking Up to Sensations in the Body

Class Summary

- In this practice, we deepen our awareness of sensations in the body, then learn to be with them, rather than react to them
- If you can't feel any sensations in your body, first tense your muscles, then relax them, to help bring attention to them
- By learning to live with uncomfortable sensations, we are training ourselves to be able to live with uncomfortable emotions
- Learning to live with them, rather than resisting them, actually helps to lessen the suffering
- Over time, you will learn how to become less reactive to your emotions and you'll utilise your breath to live with them
- Like with emotions, resisting sensations in the body can lead to more suffering
- If it's too painful to stay with pain, recognise it, name it, then turn your attention away from the sensation
- The key to this training is that it changes our relationship with experience, whether that be sensations, emotions or thoughts
- We add intelligence to our emotions & thoughts, so that we can react more appropriately & more wisely