



## Sitting

Hello Dear Ones, hopefully you are all well and staying safe and those of you whom are facing difficulties will quickly find them resolving and becoming easier. welcome to our podcast on Sitting. Perhaps you are asking yourselves why would we make a Podcast on Sitting? Doesn't everyone understand and know how to sit? Good question?

Sitting refers to a practice of sitting quietly, in a relaxed but alert and aware manner and contemplating and reflecting. Contemplating and Reflecting, on what? We will discuss that a bit later on.

In some wisdom traditions the term 'Sitting' is often used to refer to a form of meditation. We prefer to use the term 'Sitting' rather than meditation because of the many other, often disputed, meanings of meditation. Those of you who have read through our website might ask, "Well isn't this the same as the Mindful Self Reflection or Mindful Self Focus, we refer on our website? And the answer is no, as Mindful Self Reflection and Mindful Self Focus are more advanced techniques, not necessarily more difficult but requiring more preparation and understanding.

So then, what is Sitting as we are using the term? First before offering and explanation let's understand the context we are in and the relationship it has to the Path to Wisdom project.

One of the fundamental principles of our Path to Wisdom project is the importance of truly knowing one's true heart, sometimes expressed as knowing oneself, a process emphasized in many if not all of the Wisdom



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traditions.

In order to know one's true heart, one needs to be able to calmly contemplate, focus and reflect in alert awareness. This is so that during the process all the voices which are clamouring for attention from our body, emotions, feelings and thoughts will quiet down and our attention will be able to become aware of our true heart at the centre of all the activity. Some may respond— "I already know my true heart and who I am, I don't. need to do anything special to discover my true heart". For those who are convinced of this then perhaps this process is not suitable, however I would invite them to try it and if they do already know their true heart it will only reaffirm what they already know.

If, on the other hand, they don't really know their true heart they will begin to see through the many veils of patterns which have been layered on top and cover the true heart. To employ a modern metaphor, perhaps we can refer to the veils as 'apps, Macros or scripts, which are on top of the core operating system'. Of course, the operating system is always there functioning but is the interface direct with the operator or are their interfaces which stand in between the two? Just a thought for consideration.

Let us now return to what we call 'Sitting practice". We do it to create a space, -a refuge, - if you like, where we can be calm, peaceful yet alert and aware of our own processes - on all levels, - emotions, feelings, physical sensations and thoughts. Upon hearing this it may sound like Sitting is the same as Mindfulness. Mindfulness is another term which has exploded onto the cultural, health, scientific, social and well-being scenes. There is much discussion about the term Mindfulness, similar to



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Meditation, and we not want to add to the controversy so we use the word Sitting to describe this practice.

Before we begin, I want to emphasize, that nothing expressed or suggested here is meant to be any form of therapy, emotional, mental, physical, psychological or spiritual. If you have a specific condition or problem you wish to address, I encourage you to contact a qualified professional in the related field and consult with them. If you have any serious medical condition that you feel may be affected by breathing please check with your primary health practitioner before beginning this practice.

Let's begin with the practice:

Find a comfortable space to sit, it can be a chair or on the floor as long as your back is comfortable and aligned and not curved excessively in either direction. It is also important that your circulation is normal so that no part of your body falls asleep, meaning blood circulation. If you have a physical disability which makes it difficult to sit comfortably this can also be done lying down flat on a firm surface, again so that your spine is reasonably aligned.

Once in your position, settle in shift your body, wiggle a bit to let the joints and ligaments and muscles relax. Then close your eyes, place your tongue up against the roof of your mouth and begin to breathe through your nose.

Breathe easily and calmly allowing your body to relax with the movement of the breath. When you breathe do not force any part of



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your body. Allow it to relax and expand and contract with the breath naturally. You may notice that as your breathing relaxes your breath seems to begin to originate lower and your abdomen begins to expand and your chest relax, but again do not force this. On a separate podcast we may discuss abdominal breathing.

Once you are comfortable in your breathing and body, begin to try to feel the air, as you breathe, passing into and out of the nose. You can focus on the upper lip or the edge of the nostrils or just inside the nose, anywhere it is easiest to feel the passage of air. As with everything with this exercise, do not force it, just try to pay attention and be aware of the sensation.

Let's do this for 1 minutes, please begin:

Now please bring your attention to your abdomen just below your navel. Just observe and be aware of anything that is happening there, movement, tingling, any sensation at all. Breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now please bring your attention to your palms of your hands. Just observe and be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all. Breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.



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1-minute duration

Now please bring your attention to your soles of your feet. Just observe and be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all. Breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now please bring your attention to your neck, and allow the muscles to relax. Observe and be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all. Breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now please bring your attention to the crown of your head. Just observe and be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all and relax. Breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

A. Notice any sensations just notice

B. Relax

1-minute duration

Now please bring your attention to your lower back. Just observe and



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be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all. Allow your lower back muscles to relax with each breath. Breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now please bring your attention to your fingertips. Just observe and be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all. Relax your hands, breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now please bring your attention to your toes. Just observe and be aware of anything that is happening there, movement, tingling, change in temperature any sensation at all. Relax your feet, breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now please return your attention to the top of your head and then do a mental scan like a wave of light from the top of your head down to the bottom of your soles and toes. Use the breath if its comfortable and allow the scan to wash over you like a wave of water and observe and be aware of anything that is happening, any movement, tingling, change



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in temperature any sensation at all. Relax your body as the wave passes, breathe in a natural and relaxed manner through your nose with eyes closed, don't try to increase or decrease the speed or depth of your breathing.

1-minute duration

Now without opening your eyes allow your attention to relax and breathe as you did at the beginning for about 2 minutes.

Now please open your eyes slowly without focusing on anything and bring your attention back to the present.

Important Points, to be aware of:

1. Always do this at a time and place where you will not be disturbed by anyone or anything, especially a phone ringing, since a sudden noise can be disorienting.
2. Always stay relaxed, never strain and if your attention wanders while you are placing it somewhere then just return to the air sensations at the nostrils and as soon as you are aware return to location you were at.
3. Attention on the parts of the body can be from 30 seconds onward, however the longer you allow the more skilled you will become. But you can even do it if you have little time and with the more practice you become better.

You might be wondering what this exercise has to do with the Path to Wisdom. This exercise is to train our attention and perception of various



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aspects of our awareness, from mental to physiological to emotional. If one begins to work only with the mind, that is thoughts, feelings and emotions, then it is like trying grasp a slippery eel twisting this way and that. It is impossible at the beginning to know whether what we perceive, whether feeling or thought is our own or something we have been taught to perceive or a habitual response.

By beginning to train our attention with the body and using breathing as the key tool we sharpen the blade of attention so that we can more clearly discern the origins of our perceptions, both feelings and thoughts. This in turn becomes very important when we practice our inquiry dialogues. Our attention and awareness skills become tools for deeper discussion and understanding of our ourselves and our beliefs and processing, leading to a better understanding of who we are and getting closer to knowing and manifesting our true heart.

We hope you found this interesting and welcome any comments or constructive feedback. You can email us at [info@path-to-wisdom.org](mailto:info@path-to-wisdom.org)

Have a wonderful day, evening, night, wherever you are, stay safe and be well.