

Some of the things we discussed that came up for you in the Constructive Rest Practice

On 8 May, 2020

- We talked about how bringing this attitude of awareness into our everyday life, integrating it into anything we do, is a next step. Where we sense ease is definitely something we can consider throughout the day – while walking, sitting behind our computers, doing household tasks, cooking, making with hands if we do art or craft projects, as well as in our dancing ... the list is endless. It can filter into our lives seamlessly, and become part of who we are and how we engage with the world.
- It was proposed that this lockdown situation is conducive to creating new habits. We have time to observe ourselves (which can, at times, be difficult, and of course, the lockdown itself can be experienced as stressful). With fewer of the usual activities that tend to fill our lives, we can observe our habitual reactions, and have time to explore and practice integrating other, new, and more constructive ways to respond.
- During stressful times or situations, we can use what we learn through tasks like the breathing/focusing, to create moments of calm for ourselves.
- This is a process, so we might go through the whole gamut of feelings - from positive to negative – though, the longer we work with it, the more easily it tends to bring us back to a sense of calm again. Since turning our attention inward can bring up both negative and positive emotions, part of the practice is to learn how to simply observe what is happening *'in this very moment'*.
- It's easy to get pulled into places and feelings of tension, pain or stuck-ness. An important aspect of this practice is to remember that there are also, always, places of less tension, places where we aren't feeling pain, places where we are able to feel the movement of breath, places where we can sense a little more ease. We can train our mind to go towards the sensations of breath, movement and ease. With practice, we generally find that, as we spend time with ease, ease will spread and tension will dissolve.
- Sometimes it happens that we get used to doing the practice at a certain time of day. For instance, doing it at night can give us the opportunity to reflect on the day, let go of any accumulated tension, and get a better night's sleep. However, if we remember to try it out at other times of day, we may discover other ways the practice can support us, for instance, doing it in the morning can help us ready ourselves for the day ahead; doing it in the middle of the day can help to recharge us.
- We might also want to explore other contexts in which to practice breathing and being with ease. For instance, doing it while submerged in water can support our ability to let go and help us feel a sense of weightlessness. This weightlessness of floating in water can remind us that we are, at all times, moving in the ocean of air that surrounds us and helps us be buoyant.
- There is an intimate connection between weight and lightness. While resting in the Constructive Rest Position, as we let go of excess holding tension, we often begin to feel a more profound sense of the weight of our body. However, this increased sense of weight will, in time, bring us to a more expansive experience of lightness. The more we can acknowledge our weight, the more we'll be able to feel our lightness.
- We're taught that in order to achieve, we must work hard and do it 'right'. Beginning to grasp that we don't have to 'do' anything for 'it' to happen, is not always a comfortable realization, although often, this insight can come as a relief. Initially, becoming aware of the fact that 'everything is coming from me', can feel like a heavy responsibility. However, in time, when we learn to trust our body's innate intelligence, we come to realize that in fact, we are our own teachers. This understanding allows us to slow down and enter a state of receptive quiet, where we can notice details and subtle sensations. We can listen for inner movement and the stories that lie behind them, so a wealth of specificities can emerge and unfold, triggering imaginative journeys of bodymind, which can become elements within a creative process. Allowing can also support the healing of injury.

The ongoing practice of the Awareness of Ease

When we feel tension or pain in our body, our attention is drawn to it.

When our body is functioning easily, we tend to forget about it.

In our ongoing practice of the Awareness of Ease, we can find moments in which to remember that which we tend to forget.

Continuing with the daily practice - Tasks to add this week

1. *Observe your breathing and ask yourself the question, 'Where do I seem a bit easy?' and 'Where **else** do I seem a bit easy?' while lying on your belly; then while lying on your sides.*
2. *Observe your breathing and ask yourself the question, 'Where do I seem a bit easy?' while sitting.*
3. *Observe your breathing and ask yourself the question, 'Where do I seem a bit easy?' and 'Where **else** do I seem a bit easy?' while taking a walk or a run.*
4. *Observe your breathing and ask yourself the question, 'Where do I seem a bit easy?' and 'Where **else** do I seem a bit easy?' while doing your tasks of daily living – brushing your teeth, making your bed or your dinner, reading a book ... any of the many activities you do during the day.*

You can say the question out loud, you can whisper it, or you can say it silently, to yourself.

*As you notice and watch, you can return to:
using a hissing out-breath;*

*you can add the image of a balloon deflating and your body emptying to your hissing outbreath in order to better let go the weight of your body into the floor;
you can place your hand(s) on places of ease to amplify the sensation;*

you can also begin to notice the upward-rising support of the ground as it reciprocates the weight it receives with upward thrust that brings buoyancy into your body.

Keep track of some of the times you spend noticing Ease by recording when this happened and your thoughts about what you sensed.

The process of embodying through practice

"Dailiness requires a simultaneous tuning in to time and the absence of time. One has to know and not know, prefer and not prefer, empty oneself and acknowledge one's fullness, be passive and charged. It has to happen to you and from you. It has to be too fast for you to take in and done in baby steps... one leaking into the other.

*Dailiness allows for the endless finding of a reason, for curiosity, ongoingness, tedium, for humor, perspective, for working with the unclassifiable, for the work of work, for embracing the excitement of being led by that stranger, the unmade dance." Susan Rethorst, *Dailiness**

*If you would like to send me thoughts and questions before we meet, you can email me at: karczag.eva@gmail.com
Please summarize your thoughts, so what you send me is concise – we will discuss your observations and questions at length when we meet online on May 22nd;
and please make sure to put your name both inside and in the title of any document you send me.*

See you at 09:00 on May 22, 2020