

**Denise**

**19 March**

From Francis's exploration 3-17-2021 "The Mind Belongs to The Stillness" (and 'everything that appears has the same origin.')

Note: the link to buy the full meditation is posted in the comments.

Enjoy!

"Just welcome all appearances with complete indifference. Like contemplating waves in the ocean. They don't affect you, either positively or negatively. Or the clouds in the sky.

They are there - the waves, the clouds. They pass by, they come and they go. Meaning nothing to you. Nothing to think about, nothing to comment about. No interpretation.

Like a young child about to fall asleep, listening to the voices of adults in a language he doesn't understand.

The voices simply reminds her of her presence, of her peace, of her stillness.

The stillness in which the mind appears is not the stillness of the mind. The mind appears in the stillness. The mind belongs to the stillness, not the stillness to the mind.

Whether the mind is present or not - stillness is present. Whether the mind is agitated or not - the stillness is present. Even the agitation of fear and desire doesn't affect the stillness in which it appears. ....

Everything which is perceived is mind stuff.

To try to change it is a waste of time and energy. ....

Allow for the body to offer it's tensions to the stillness. We don't have to keep the body alive. The body knows what to do to stay alive. We have to give it what it needs - rest, water, food, company, shelter - so that it can thrive on its own, through its own intelligence.

Just as we have in the education to give our children as much freedom as possible, given their condition, we have to treat our body as our child and trust it - that it can survive on its own, without us keeping it alive through some kind of micromanagement.

Micromanagement that has become, over time, almost subconscious. Superimposed tensions, resistances, fears - that were not part of the original wisdom of the body, of its original program, if you will.

So this experiment is like allowing for the body to reset it's firmware. Which is accomplished by allowing all the bodily sensations to really unfold in space, in time - without any apriori intention to channel these energies.

All these bodily sensations arise out of this presence like the waves arise out of the ocean, or like the clouds arise out of the blue sky through simple condensation.

See that the bodily sensations and the thoughts are not substantially different from the sounds you are hearing, that appear in you in total independence, unchosen. So that it can be seen that everything that appears has the same origin.

And this origin is you - us. ... ....”

(More of this exploration is on Katherine's post from yesterday.)

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