Zen Body-Being - by Peter Ralston

The term "body-being" helps remind us that we're not dealing exclusively with a physical component, but also and always with the 'beingness' that is both body and consciousness. Whether we name it or not, body-being is where our training actually takes place.

Consider that within the basic nature of any living body, awareness is inherent and an entity is implied. We cannot successfully address a body's condition, healing, or transformation without becoming conscious of the role that the mind -- perception, thought, emotion, memory, association -- has in every bodily activity.

The Principles of an Effortlessly Effective Body-Being

• Centering:

locating and being able to focus mind and feeling-attention, as well as move the whole body from, the bodies center.

• Grounding:

developing a stronger connection and feeling-association with the ground - drawing power from the ground.

• Being Whole and Unified:

being capable of feeling every cubic inch of the entire body and learning to unify this whole in awareness and action.

• Relaxing:

being able to let go of the mind and muscles and allow the body to attain a natural, open, and unused state.

• Being Calm:

learning to allow the mind and attention to be undisturbed by circumstance, and to refrain from creating negative or inappropriate thoughts and reactions

[https://www.youtube.com/watch?v=dpce\_-nmmp0](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Ddpce_-nmmp0%26fbclid%3DIwAR27fx6Ysd0En3Ne5ubeYOdfcr2Cmm6oCMCGTXwFOW5OIZzx3eeFqH9KzSM&h=AT0BuKSISqLAIDN6L4-J1NqJHBMs331n-Dzr0UG8jiKIbDFp-V4ZxhAkbMo2TrKq78u7eRaeH7w1AL-8J45v58gLeB5ounET9N2gkoyvsgmC2ekw_tNg7mK-xDBJsHs-ALNu&__tn__=-UK-R&c%5b0%5d=AT1Uo6OA-_qx0JrQiM00fd7_WRzTSTqtNoGLvvajJ3XmU2PFiqXpKhnoM-3p2DHUm_n7Wx4j07ogftDef63UjrCUgQ63KxDQYcyZXt1BiKBjVnnF9zasf2dZGlUHpgkFANr6dbDe0AcHEwe3PqTlqtT2C8CVkw47qNMxvNAoOenoP9GjCooQw7HTiHyXfPMW5hg2Ckc)