

Being Appropriate

The aim of the suggestions so far have been to calm, steady, focus, inquire into, and understand the nature of our body-mind experience. Each technique like each posture support us in different ways.

We recognise that neither one position of the body, nor one technique, is going to be appropriate for one person in every moment.

Through direct experience over the days we've gained an experiential knowledge of the influence of posture and technique. Can we now use that to support an ongoing exploration of "Being appropriate" to the moment?

Before the meditation consider:

- * How's my energy level?
- * Where's my interest?
- * What do I want from this meditation?
- * What can I give?
- * What feels like the right technique and posture, for this place & time?

Bearing all this into consideration, then being appropriate, in practice, posture, and effort, to how I am right now.

At the end of a meditation review:

- * How present was I, how lost was I, how subtle was I?
- * Was I guiding or forcing?
- * Was that the right practice, right form, right posture, for that place & time?
- * What was blocking me? Keeping me in thoughts, in self concern, distracted from the present?
- * What can I change?

Just bring that to awareness and if appropriate make a plan to try something else next time.

All in all we are seeking the possibility to be present with our experience regardless of what it is. We will need to make extra effort to stay steady and open when our experience contains pain or boredom. We will also need to make a commitment to allow ourselves to notice, and enjoy, moments of calmness and joy. Regardless of our experience we must also not lose touch with their ephemeral nature; letting them be, and in time; letting them go also.