

# *~ Meditation and Yoga for Everyday Life ~*

Mingyur Rinpoche

Yoga and meditation, of course, can go together, especially when we recognize awareness. Then we practice yoga mindfully, with a sense of being, a sense of presence, and feeling. We can feel the movements of our body, bringing “mind and body together.” Or we can feel the sensations when we do yoga. We might feel many different sensations in the body. It is very important that the mind and the body are together.

Normally, what happens is that our mind neglects our body. Our mind jumps to the top, kind of forgetting the body, and then jumps between the past and the future, with no present. Maybe we are thinking about the past like, “Oh, I did something wrong. It was my mistake. That should not have happened.” Or, “Somebody, this jerk, is making a lot of obstacles in my life.” Or we worry about the future: “What should I do? There are a lot of lists and deadlines. There are so many things to do.” Then there is no present moment.

When we disconnect mind and body, stress comes. Also, it is not good for the body because the subtle energy in the body cannot flow well. The energy will get stuck somewhere in the body.

Therefore, sometimes in the heart, kidney, and liver, the flow of energy somehow gets stuck. When we feel stressed because we are jumping between past and future, automatically our body becomes tense. When our body becomes tense, we do not breathe naturally. There is no deep breathing. Then the oxygen is also not enough. Even when we breathe, we lock our organs, so the organs cannot freely breathe.

Therefore, it is very important that the mind and the body are together. If the mind and the body are together, then we feel present. Even though we are busy, sometimes we feel like time has stopped.

When you feel present and feel like time has stopped, actually you are resting. And all the energy in the body is flowing, and the organs are open. The breathing naturally becomes deeper. Therefore, it is good for health, good for the mind, and good for well-being.

So how do we bring mind and body together? The first important thing is that we need to feel the body. How do we feel the body? You cannot think about the body. When you think of the body, like “My stomach, my stomach,” that does not work very well. “My hand, my hand.” If you visualize your hand, it does not work. What we need to do is feel it.

Now, can you raise your hand like that and then relax? [Mingyur Rinpoche raises both hands in front of himself.] When you relax, you might feel a little bit shaky, then tingling. You might feel gravity a little bit. You might feel something like energy in between the hands. You might feel warm. All these are sensations through which we connect with the body.

Now it may become warmer, maybe cooler. You can put one hand down and bring the other hand close to your forehead. Then relax the muscles in your body and breathe naturally. Just feel the sensation around your forehead. You might feel tingling, pressure, relaxation, a little bit blissful or joyful, or maybe tense. Whatever sensation is there in your forehead, just feel it and relax.

Now you can bring your hand down slowly. You can feel your face. You can feel your chin and neck. You can feel your heart, and you can feel your stomach. Now you can touch your stomach. You might feel warm, tingling, or relaxed, whatever. You can feel your lower abdomen. Now both hands join together, and you can feel your legs, knees — your entire legs.

Now you can do some movement. We have this yoga that we call “awareness yoga,” like meditative yoga that most people can practice. You can mindfully be present and stand up. When you stand up, you can feel the sensation in the body. When you relax, you can sometimes feel energy in the body. Then you can move a little bit. First, you can move your hands right and left and feel the sensation in the body.

Then, slowly, different parts of the body. You can feel your feet. When you move your feet slowly, you feel sensation, you feel energy, and you feel relaxed also. You can move both right and left feet, then slowly move your hips, and then your shoulders.

When you move your shoulders, it is almost like stretching. When we stretch, sometimes we stretch like that. You move slowly and feel the sensation of the movement. If you move to the other side, it is almost like you are stretching, and when you move your neck, also. It is like following the flow, stretching and relaxing your neck. It is not like aggressive exercise where we are pushing. It is not like that. You almost follow the flow and feel the energy and sensation. This way, you can relax your entire body, with mind and body together.

We have this simple exercise. You can try that. That will become meditation and yoga together.