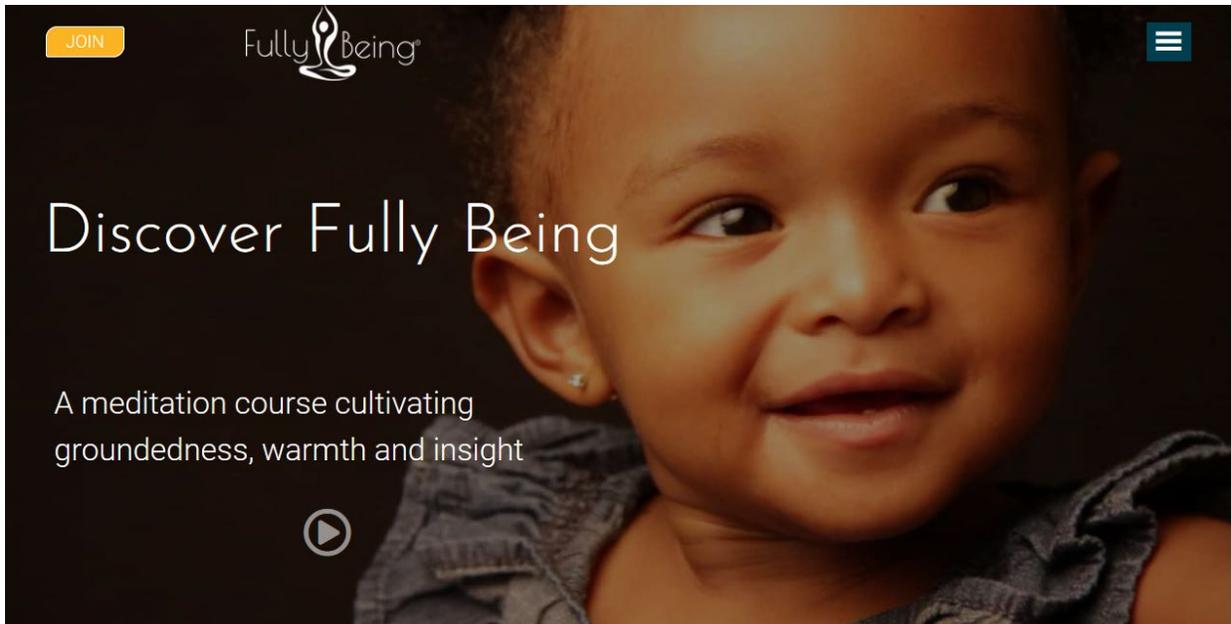


FULLY BEING

IMMERSION LEVEL I > DROPPING I

TEXT VERSION



PREFACE

This document is the text version of *Fully Being* (<https://fullybeing.org>). This material is copyrighted to Pundarika Foundation U.S. and is for your individual use only. Please do not share it with others.

The text is to be used in conjunction with the online videos or downloaded audio available for each lesson.



WELCOME TO DROPPING I

THE GATEWAY TO FULLY BEING



DESCRIPTION

We begin the course by [dropping](#) the anxious, over-active, [thinking](#) mind, and grounding [awareness](#) deeply in the body. It is the foundation for all the other practices because it brings us to an essential starting point - being fully in the body with all of its feelings and sensations. This practice opens and relaxes our tightness and we feel more embodied.

METHOD

Relax into a comfortable sitting posture on a cushion or chair. Raise your arms to shoulder height and let your hands fall suddenly onto your lap as you forcefully exhale. Let your hands slap your thighs enough to shake the body slightly, but not enough to hurt yourself. Drop the thinking mind and land in the body. Rest in simple awareness without doing anything. Allow feelings and sensations to arise and cease naturally. Repeat this practice until it is easy and effective.

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OPENING THE BODY

QUESTIONS

- What does it feel like to release tension and drop the thinking mind?



KEY POINTS

- Dropping practice helps us to open and release tightness in the body.
- Bring space to dropping practice, not an indulging kind of attitude. If you feel good, what's the big deal?
- Don't bring an iron kind of space. Space is not an object of grasping.
- This awareness is not chewing on experience but resting fully in the body and feelings.
- We cannot hold space. We can be with space.
- There is humorous wellbeing in our spine, neck, and chest.

EXERCISES

- Repeat this warm-up clip many times to loosen and open the body. Synchronize the breath with the dropping practice and saying the mantra "WHO CARES, SO WHAT."
- Do this practice repeatedly and experience how the space in the body feels. Just be with that. Become more familiar with how this feels until it is naturally there, even in stressful situations.
- When dropping and then resting, stay open and aware of the river of experience in the body and feelings. Don't freeze the flowing water of this experience. Let it move on its own without a plan.

DAILY CONTEMPLATIONS

- Open to spaciousness
- Find humor in the spine
- Openness is a place to be
- Don't grasp space

FEEL THE FEELINGS

QUESTIONS

- In what ways do we hold onto things?
- What is the right attitude for dropping?



KEY POINTS

- We hold onto things in two ways: with the mind and the body. We have to communicate with the body that it's okay to let go.
- Once we start to feel our feelings, communication starts. Otherwise, we are still in our heads.
- There are two kinds of knowing: from the mind and feelings. We must learn to feel our feelings fully, not just know them in the mind.
- Drop the thinking, judging, and over-caring mind, and rest in the simple awareness of the body and feelings.
- Dropping happens with a light, carefree attitude.

EXERCISES

- Practice dropping into the body and letting be with a carefree attitude.
- The more we drop into the body, sensations and feelings of all sorts will arise. Just be with them in a non-judgmental and kind way. As we allow emotions to come up in the body and feel them in this way, we create a more healthy relationship between the mind and body.
- Off the cushion, begin to gently recognize the presence and activity of obsessive thinking and stories. It can be helpful to keep a journal of what you see and experience for later reference.
- Enhancements to this body-centered practice, if done with this carefree attitude, can be beneficial. Mindful yoga, qi-gong, and other somatic therapies go well with this practice. Dancing is also a great way to get out of the head and inhabit the body.

DAILY CONTEMPLATIONS

- Feeling with the mind, being in the body
- Connect to the body through feelings
- Not too heavy but light
- Not too serious but carefree

WHO CARES, SO WHAT!

QUESTIONS

- What's the difference between over-care and the right amount of care?
- What's it like to do a practice without a special goal?



KEY POINTS

- We are craving for something to achieve.
- There is nothing to achieve or accomplish in this practice.
- There is no goal.
- We have to let go.

EXERCISES

- Play with the mantra of “WHO CARES, SO WHAT” in your dropping practice, especially if you feel too serious, uptight, or rigid.
- After dropping, rest in the free space of just being in the body without a care, a plan or need to be anyone special.

- Make a list of the ten things that you tend to feel anxiety or any other powerful emotion. Make a second list of how you engage, often subconsciously, in repetitive narratives throughout the day in response to these feelings. Sense how these narratives can keep awareness up in the head and influence the quality of experience.

DAILY CONTEMPLATIONS

- Who cares?
- So what!
- Nothing to do, nothing to achieve

SPACIOUSNESS

QUESTIONS

- What is there when the thinking mind fades away?
- Is it possible to experience space without grasping?



KEY POINTS

- Rest in the place where the thinking mind fades away.
- Find the gap in awareness, like the space that is revealed when a napkin is torn apart. There is awareness and cognizance.
- Check your neck, shoulders, and jaw for tightness. Keep dropping.
- Don't hold free open space. It is not an object of holding; its a place of being. Don't try to grasp it, trust.
- Don't think about your feelings; be aware of your feelings.

EXERCISES

- Take a piece of paper or napkin and practice holding it very tight, really scrunching it up. Say to yourself, "I have to hold everything tight, or I will fall

apart," and imagine being overwhelmed with busyness. Sense this tight awareness as you squeeze the paper ball. Feel what 'too tight' feels like.

- Conversely, take a piece of paper and hold it without enough pressure so that it slips from your hand. Imagine a passive, listless state of mind that gets lost over and over. Feel this as 'too loose.'
- Now hold the paper "just right" without squeezing it or letting it drop. Feel how this feels as contrasted to too tight and too loose. Apply this felt sense to your dropping practice and in situations throughout the day.
- After doing the first three exercises repeatedly, take a piece of paper, and suddenly tear it in two. Rest in the leftover space. Allow yourself to feel into that space. If you feel uneasy about resting, notice that. If you feel excited or relieved, see those feelings too. Try to relax in space without holding onto anything. Notice if anything prevents you from just being in space and jot it down.

DAILY CONTEMPLATIONS

- Rest where thinking mind fades away
- Space isn't an object of grasping
- Space is a place of being

RESTING WITHOUT EGO

QUESTIONS

- Why do we need guts to be with our beautiful monsters?
- How does the ego let go of holding on too tight?



KEY POINTS

- When you say hello to the beautiful monsters, they may or may not smile back. They have the freedom to smile or not. You can smile from your side without expectation.
- It is hard to drop and relax because the ego is not sure how to be with freedom. It wants to control and cling to experience. It wants to grasp onto space.
- We create identities throughout our lives -- e.g., being a “useful person” or “good person” or a “rebel” – to hold onto something. Its ego’s way of making up something we can hold onto as real, solid.
- We need guts to suffer from the monster's way of being with us. We created the monsters, so we suffer with them, and we are kind when we don't react, but drop and wait.

EXERCISES

- Reflect on the various identities we have grasped onto throughout our lives. Create a timeline of where we lived, worked, raised kids, etc. Examine how in different periods of our lives, we create different "selves." Look at their creation and the clinging to them in our minds.
- When stressful situations occur, practice not reacting, but rather dropping into our bodies and feelings without judgment. Allow the warmth to arise with confusion and pain naturally.

DAILY CONTEMPLATIONS

- You are not in charge. Smile
- Drop and wait
- Gutsy suffering
- Be kind to sausages

TRUSTING THE PRESENT

QUESTION

- How do we trust the present moment?



KEY POINTS

- We need to learn to trust the present moment in a carefree way.
- When we chant “so what, who cares” we are transmitting a message to the subtle body to relax, let experiences come and go naturally.
- If we can't relax, then be aware of not relaxing. Stay with this.
- If the view of Mahamudra, Dzogchen, or Vipassana arises while dropping, this is fine. And whatever occurs, such as boredom, numbness, restlessness, is allowed to be as it is.

EXERCISE

- Since this is a guided meditation, repeat this teaching many times, so the more profound meaning and experience it points to can be increasingly developed.

DAILY CONTEMPLATIONS

- Being okay is not somewhere else
- Be normal, not special
- Leave experience as it