

F E E L I N G

(RATHER THAN THINKING)

Y O U R W A Y

T H R O U G H

L I F E



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There is an incredibly powerful shift one can make in how they are in the world. It's what I refer to as *feeling your way through life*.

Literally, coming to your senses.

It's about shifting attention from thought content – away from what might feel like a lot of "head energy" – into the felt sense of the body and into sensory information like seeing, hearing, etc.

It's a simple shift in attention. You can try it right now. Drop your attention into the body and hang out there for a bit. Feel how attention moves from thoughts to physical sensations.

That's it. Hang out in those body sensations. They don't need labels or analysis. Just feel what's there. Thought might arise, that's fine. Just gently redirect your attention back to the body and let thought come and go as it pleases.

Now, with attention still in the body, widen attention a bit so that it's also in the auditory field. While still feeling sensation in the body, notice the sounds in your immediate environment.

It might take a few tries to get the hang of this, but you can see how attention can widen and expand, or it can shrink and contract. **Attention is typically contracted into thought content. We're shifting it into immediate sensory information and softening and widening it.** Attention, in this case is wide and diffuse, more like a flood light than a spotlight.

This is Natural

We are designed to feel. Before we became identified with and addicted to thought, we felt our way through life with attention primarily on sensory information—seeing, hearing, smelling, tasting, and feeling, including the felt body sense.



When we were very young and sensations and emotions felt scary and overwhelming, thought ramped up to help us feel safe. Thought serves to distance, or distract, from the felt reality that's unfolding. Attention shifts and we retreat into thought forms, stories, and imagination. This now happens automatically and very often. **Attention being immersed in thought is an addiction that dissociates us from the alive, vibrant, safe felt reality that is always here.**

When the mind is racing and ruminating, you can always come to your senses. Nothing in thought is needed at that moment. **Dropping into the felt sense of life connects us with what is real, present, and immediate. It is rich and vast and (literally) beyond imagination.**

As you come to your senses, feeling your way through life (rather than thinking your way through life), so much begins to unfold.

You deeply realize that all feelings are safe. All sensation and emotion is absolutely perfect, simply wanting to be seen as it is. Every sensation is a portal into truth and reality.

Enormous amounts of energy that was once directed toward overthinking and avoiding emotion is freed up. You feel light, focused, and sometimes buzzing with energy once you're feeling your way through life for a while.

Habits and addiction to thought begin to fade when we feel our way through life. Habits formed to help us avoid feeling. **When we're purposely reorienting to feeling, habits and rumination have no benefit.**

Welcoming what's arising, fully acknowledging and feeling it, is liberation far beyond anything the mind could ever deliver.



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- 3 "Resting in Restlessness" calls each month, where we explore silence together
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