

Just sit doing nothing



You just sit still and silent and do nothing. Your mind does things, your body does things, other people do things, the world does things, but you do nothing.

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You just sit still (or stand, crouch, knee, lie) and do nothing. Your body does its thing including sending sensations and feelings to the mind. The mind does its thing letting emotions, pictures, thoughts and stuff arise, hang around and vanish. You will recognize some of these but let them just happen freely. If desires to control, direct or change what happens come up, you also let them arise, hang around and vanish at their will. If your mind focuses on something or starts drowsing, you let that happen. If body, mind and or world disappear, you also just let that happen, nothing to do for you. If it seems as if you have disappeared and it is just sitting, that is also fine. And while things seem to happen inside and outside of body and mind this all is just sitting doing nothing.

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