

## Satipaṭṭhāna Session 3 May 6, 2026

Please click [here](#) for a PDF of this home practice.

### Resources:

There is a link below to the Ajahn Sucitto book that we've mentioned.

The other resource this week is a **guided standing practice**, (which is an audio (mp3), taken from the book.

### Review

In this session, we continued working on the first Satipaṭṭhāna of Mindfulness of the Body. The first three sections of mindfulness of the body help us be more mindful 'internally' from a sense of embodiment. The body feels like 'this' as I breathe, change postures, and engage in the Activities of Daily Living. Awareness of Breathing is usually a formal sitting practice, but the breath can also serve as an anchor, reminding us to be present in our daily activities and sustaining the momentum and continuity of mindful attention. As we practice, we may want to choose certain activities as special opportunities to be present, such as taking a shower, preparing food, or eating. We explored the postures of lying down and standing.

This is an excerpt from Ajahn Suchitto's book, "Standing on Your Own Two Feet".

'Standing on your own two feet.' Think about it: stability, confidence, simple dignity. The phrase is used as a metaphor, but it's more than that. If you want to get a break from a scattered mind and stressful moods, it could be as easy as literally standing on your own two feet. Furthermore, if you'd like to meditate, but feel challenged by the idea of sitting still with nothing to do for more than five minutes ... some standing could be a manageable way to get started on the road to inner balance. It gets you grounded. And if you already do like to meditate, standing could be a way to relieve some bodily discomfort and widen your practice in unexpected but effective ways. I'm certainly not against seated meditation – it's just that the seated form presents issues in terms of discomfort and through its passivity. The discomfort in the knees and back for bodies that have become used to, and even shaped by, sitting in chairs commonly distracts attention from settling and clearing the mind. On the other hand, if you do get comfortable, it's easy then to drift into thoughts and daydreams. Then meditation becomes a tedious process of repeatedly trying to establish a focus. Also, with sitting, your weight rests on your bottom and your thighs – which are not designed to be sensitive to the ground, nor are they required to maintain balance. When seated, the feet and the knees – those parts of your body that help you to feel grounded and balanced – are switched off. With standing however, the body automatically focuses on establishing groundedness and balance: your feet

and legs come into alignment with the spine in a relaxed but alert way. And that of course affects your mind. It relaxes the mind while encouraging attentiveness to how the body stands as an interconnected system. Therefore, your mind comes out of its preoccupations and also isn't easily invaded by what's going on around you. Because of all this, fifteen minutes or more of standing can be a useful prelude to a period of sitting meditation, or a clarifying practice in its own right. Because standing fast-tracks balance, connectivity and wholeness, it's useful to practice this in any 'pause moments' in the day.

Here is the link to get your own free ebook version. This is optional, but suggested, reading:

<https://teachings.cittaviveka.org/on-your-own-two-feet/>

### **Home Practice**

- Continue using the map of the breath centers, and the counting for the few minutes of your daily sitting.
- Keep working with the practices we've covered, with an emphasis on bodily postures and activities in daily life. Can they become as much a part of your practice as sitting and walking meditation?
- Do you relate to the quality of "groundedness"? What does it mean to be grounded in any given posture?
- For a few breaths, try turning your awareness to your feet, and the feeling of standing, when you find yourself in an activity that you normally do when standing such as: washing dishes, cooking, waiting for the subway, in the checkout line at the store, etc.