



**Keith Martin-Smith: Simply Sitting: The Posture of Pure Awareness**



Keith Martin-Smith is a 3<sup>rd</sup> generation White Tiger Master, Studying and teaching Northern Shaolin Kung Fu and Qi Gong. He is an award-winning author and an ordained Zen priest. Experience somatic-centered meditation, based in Rinzai Zen, and Vajrayana Tibetan Buddhist techniques. Learn the specific components of ‘the posture of pure awareness’ for the physical and the subtle bodies, and how the practice of meditation benefits oneself and perspectives on life.

**TOP EMBODIMENT TIP:** Breathe. If you notice the breath, you’re going to be here.

**Somatic Centered Meditation: We are a Body-Mind, Not a Body, and a Mind**

- Awakening is embodied; enlightenment is embodied.
- In deep spiritual insight or visceral spiritual experience, an illuminated presence and state of being is flowing through us, and our soma will automatically respond to what’s happening. We’re going to reverse engineer this.
- **We engineer our bodies into the posture of pure awareness, which will help bring more clarity of mind, will integrate some of the energy channels in the body and will make the practice of meditation more enjoyable.**
- The posture of pure awareness is the bedrock of Zen meditation and Vajrayana Tibetan Buddhism.
- The practice of Zen is really just the practice of being fully in the moment.
- In Rinzai Zen practice, there’s an invitation to keep the eyes open, but allowing them to be diffuse and soft.
- **The subtle body & the breath-** *“The breath is the ballast of any meditation practice.”* Adyashanti
- Bringing your awareness to your breath; this can reground your practice and refocus awareness.

**There is Nothing Wrong Here: It’s a Practice of Allowing**

- So much of being human and in our mind, orients towards what’s wrong- leading to ruminations.
- *“The grand ultimate truth of the universe has to be true all the time, at all places, everywhere; which means it has to include everything in the manifest universe, no matter how we feel about it.”*
- **We meditate not to be awakened on the cushion, but in our lives, our relationships, and in our communications.** This doesn’t mean that things don’t require awareness, care, or action. The act of holding them as if nothing is wrong, is a profound act. It removes our opposition to reality. It doesn’t mean we don’t go out to change the world, and work for environmental and political change; instead we do it from a place of radical acceptance of what is.
- When we inevitably go away (which we all do) and when the sense of wrongness comes up, we come back to our posture of pure awareness. We come back to our breath. We open to what’s here, and that’s it.

**Resources**

- ❖ **Books:** *Only Everything* (Perception Press, 2018)
- ❖ **Website:** [www.keithmartinsmith.com/simply-sitting](http://www.keithmartinsmith.com/simply-sitting)



❖ **References:** [Jun Po Denis Kelly Roshj](#), [Chögyam Trungpa](#), [Dr. Reginald "Reggie" Ray](#), [Adyashanti](#)

## Keith Martin-Smith





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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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