

GREEN TEA LEAVES
Monthly newsletter of Awarezen
~ July 2025 ~



Friends,

Weeks have gone by. It's time for another brew of Green Tea Leaves, for us to enjoy a shared time of delicious conversation and exquisite tea sipping.

In the busyness and distractedness of our lives, it is easy to get lost in our heads full of problems, plans, projects, people, places, and projections of the past. As if in a daze, we fail to notice the ordinary radiance and blissfulness of the present. It is as if something else inside our heads is always more urgent or important, more deserving of our attention. As a result, we lose touch with Life that is only available in the here and now, nowhere else. In particular, we lose touch with our very embodiment, the sense of being alive in our bodies. Alienated from our own somatic aliveness, we live so much in our thoughts and find this embodied consciousness so elusive.

Return to Eden

What can we do to return to this ambience of embodied aliveness? More than that, is this return to aliveness simply a matter of *doing* or is it more a matter of *being*? As a concession

to our habituation to doing, we can say that there are several things we can do to reconnect to our bodies. For one, we can learn to breathe mindfully. We can also become more mindful of the colours and smells around us, by paying more attention to them in a conscious intentional way. Or we can train our mindfulness on the sensations of our bodies as we sit, stand, walk, or lie down. In one of these ways, we can intentionally direct our attention to a range of sensory objects of experience to help us come alive, to become awake to our embodied experience. But there is a catch.

The key to coming alive to our embodied wholeness is not just something we do. We can seek to do all these things and still not be in touch with the direct immediacy of embodiment. Why? Because we can become so fixated on the “doing” in our typical purposeful fashion that this act of paying attention itself becomes instrumental and mechanical. We enter problem-solving mode and preoccupy ourselves with doing something in order to get something else. The bare factuality of being alive that is fresh, unmediated, and unforced fades into oblivion as the goal-seeking mind takes over.

Relax into Un-Being

Hence, we need to relax into simply being without a fixed agenda, free from self-seeking of any kind. We empty ourselves even of the desire to be alive or embodied. Releasing all thought-forms and desires, we simply sink and settle into an everpresent knowing that suffuses each and every experience — every form we see, every sound we hear, every smell we smell, every taste we taste, every sensation we feel, every image we imagine, every inner commentary we make, every concept we construct, every emotion we emote, every intention we intend, every subtle impulse and desire that is aroused: the totality of human experience here and now.

Particularly, we allow the whole field of body consciousness to light up as luminous space. This space is the fluid arena of throbbing, pulsating, vibrating, crackling, and rippling energies that make up what we label the “body.” No longer asleep and numb to our bodies. No longer standing apart from and stridently judging this body. We melt into the natural flow of somatic reality that, while distinctive, cannot be encased into the category of “physical” as opposed to that of “mental.” Labels and concepts begin to drop off. Consciousness gets more aligned with the way things are. As such, even the term “being” that we use to casually refer to this sheer present aliveness, dissolves into a radical unborn simplicity beyond words. We can call this “naked *un-being*.”

Cessation of Suffering

Empty of any ideational content or semantic substance, there is only an utterly ungraspable spray of present fresh wakefulness — fully grounded, fully embodied, carefree and dignified in quiet naturalness. In touch. In tune. In love. There is open contact with every moment

of experience, ecstatically free in happiness and in sorrow. We can even say that this beautiful open contact is a posture of the heart that we can call “devotional.” A heart of devotion is a heart fully in love with *what is*. No discrimination. No self. No problem.

Devoid of selfish agendas and desires, a devotional heart is none other than a luminous body of space that is fresh, awake, unburdened by the past, unhooked from the future, intensely alive in the present without attachment. For when spacious luminosity is there, all division and conflict is absent. Absence of division and conflict is presence of openness and love. This open loving space is the space of devotion. In this space, lover and beloved can each arise as distinctive patterns without coagulating into rigid and reified entities. Particularity can be processually present amidst the tranquil field of nonduality. Indeed, this is the end of suffering. This is the flowering of love.

Everyday Wisdom

Try out these ideas for the next month:

1. *Sit with your whole body breathing as one.* Let your mindfulness pervade the entire field of experience you call the “body” and relax ever more deeply into this field.
2. *See, hear, smell, taste, and touch everything* around you with a *deep long loving gaze of the heart*, perceiving all as luminescence of clear knowing. Touch the world with the *body of your being into un-being*
3. *Journal your reflections* on relating to reality, people, things, and situations with *devotional openness of heart*. See how devotion is not a blind dogmatic belief but a posture of heart that is unconditionally open and all-embracing.

How did you go with the wisdom ideas for the past month of June? Tell me how you go with these current wisdom ideas for July. Write to me. I may or may not respond to every email, but I will surely read them all.

Blessings always,

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