

The experience of most practitioners, until they have sat for quite a long time, is that they have very little moment to moment awareness of the body, except when they experience discomfort. Their awareness is primarily on the frozen mass of thought and emotion.

But after a while, we can understand practice, not as the liberation of the mind from thoughts, but as the liberation of the whole body from the mind, the relocation of the mind as an incidental activity within the whole body. Then the thoughts don't matter.