Meditation

Angela 2 — Week 1, Day 3, Session 1 — 28 minutes

Summary: Russell offers the image of a current carrying a boat or raft: an ease that stays vital and curious, not sleepy. Presence is noticing and resting with the seat and the breath. Noticing a thought is a quiet celebration, without criticism. The sitting then continues in silence, with brief guidance.

Introduction

I'd like to offer you an image once again.

And when I offer an image like this, if it's not helpful, just don't use it. Don't feel at all constrained by the image. Some people will find them helpful, some not.

But we return to that picture that there's a current that's carrying you — that you can rest in this boat, in this raft being carried by this current.

So there's a sense of ease. There's also a quality of vitality or curiosity about what appears.

So it's not a sleepy kind of ease. It's not kind of floating and drifting and nodding off, but it's a curiosity about the scenery, what's passing by.

That image that you're traveling in a new place, it's fresh. Even if it seems familiar, the atmosphere is one of freshness towards what's appeared.

When there's a quality of presence, there's not a lot to do. You're just noticing and resting, feeling support of the seat, the breath.

When you feel kind of hijacked by a thought or a storyline — the moment of noticing it is a quiet celebration. You just woke up. You sense it for a moment.

As much as possible, no criticism for the moments that you miss. If a critical voice arises, that's part of the scenery. That's noticed also. Felt for a moment. And then it's just the next breath.

Sitting

I wish you a good journey.

[Silence 13 minutes]

With your eyes gently open, the thumbs just barely touching, sensing the support underneath you.

[Silence 9 minutes]

With great gentleness, notice where the mind goes — moment of recognition, dropping down, down, down — the cushion, to the breath in your belly.

[Silence 5 minutes]