Meditation

Angela 2 — Week 1, Day 4, Session 1 — 27 minutes

Summary: An orientation sitting that listens for the most basic sense of being alive, the quality of being stripped of everything. The guidance keeps returning to here and I am, lets thoughts fall away, and uses the end of the exhale to drop into that simple aliveness.

Introduction

I'd like to offer an orientation sitting this morning.

Sitting

So, as you're sensing yourself on your cushion, we're listening for the most basic sense of being alive.

Could call it the quality of being, stripped of everything.

It's the most basic sense of here.

I am here.

And to keep returning.

Keep returning to the most subtle sense of here.

I am, or even just am, that there's something that knows it's alive.

[Silence 6 minutes]

Getting more and more simple.

Letting the thoughts fall away.

Coming down to the most basic sense of here.

I am.

[Silence 4 minutes]

Can be helpful to follow the exhale to the end.

Just feel the space for the new inhale.

Drop into that space.

[Silence 15 minutes]

When the bell rings, that your practice be continuous, that there's a sense of letting go of anything extra. The most basic quality of being alive is what you're sensing into.

Keep letting the thoughts evaporate, even the feelings, most basic sense.