Meditation

Angela 2 — Week 1, Day 4, Session 5 — 5 minutes

Summary: Russell invites a settling into the body, then a sensory-rich recall of a quality one wants to grow. Attention stays with the bodily feeling of that state rather than the story. He will later remind them to include its opposite.

Introduction

So I recommend—

Sitting

I invite you to close your eyes, and begin to settle down into yourself.

So let yourself drop down.

Notice your legs, what they're touching.

Notice your arms and hands, if they're resting comfortably.

Settle into your bottom.

If thoughts are coming through, notice the thoughts, and then drop back down.

You don't have to fight anything, just encouraging a sense of I'm here, on this spot, in this moment.

And begin to bring attention into your inner body, places you tend to feel things, inside your throat and chest. Inside your belly, lower belly.

Just bring in here a gentle invitation to recall the quality that you would like to be growing — would like to invite this quality to appear spontaneously, more regularly in your life.

And let the image form of a moment or a situation in which this quality was present for you.

And let it either be a specific memory or an amalgam that could have been.

And let that form in a sensory-rich way, where you know the place you're at — you're inside, outside — what the landscape or furniture is like, if you're alone or with others. The whole scene in present tense language: where you are, what your physical body is doing, and then how it feels in your body to be you in this kind of moment.

And keep letting your body show you how it is at moments like this.

And keep listening to it as if it is giving you the most precious information about this state.

You want to receive, so you have pauses as you listen.

Keep inviting it to show you more, and then if you start losing contact, recreate the scene.

Give yourself more sensory-rich detail, and then come back to how it feels.

I will remind you when it's time to also include the opposite of this state — when that's not there, when the other is there — and then returning to this.

And I encourage you to really spend most of your time listening to the bodily feeling, less telling the story of it, and more listening to the bodily feeling.

Use the story to evoke the feeling.

When you're ready, you begin.