Meditation

Angela 2 — Week 1, Day 5, Session 1 — 25 minutes

Summary: An image of arriving from a bodiless galaxy, after thousands of years of study, into a human life. Curiosity about being alive — thoughts, feelings, coolness, warmth, tightness, boredom. Sitting without taking mind or body personally, then including the space around the body.

Introduction

I'd like to offer you an image.

If it's helpful, please use it. If it's not helpful, just let it go.

The image is that you live in another galaxy. You're in a galaxy where they don't have bodies, where the living is totally different, and you've been studying human life for thousands of years.

You're so fascinated by what it might be like to actually be in one of these things called bodies that you've been studying, reading about, learning the science, and the physiology and anatomy.

You've also been so interested in philosophy and great teachings.

And after these many, many, many, many years of study and fascination, you have this opportunity to enter an actual human being.

And you're so curious, first and foremost, about what it just feels like to be alive, to be.

And then you're also very curious about these things called thoughts that happen, and what they feel like when thoughts happen.

And then what it's like when feelings happen. And these different kinds of sensations, what coolness feels like, and warmth, and something called tightness, or even something like boredom or irritation.

It's all so interesting, 'cause thousands of years you've been wanting to know what it feels like.

Sitting

As we sit here, I wonder if it's possible not to take our own minds and bodies personally.

That the thoughts are just thoughts, and we're interested in where they come, how they come, where they go, but mostly—

That basic feeling of being alive.

I wish you a good journey.

[Silence 8 minutes]

[Silence 6 minutes]

As you come to the sensations of just sitting here, include the sensations around your body, sounds, sense of space, your left and right, in front of you and behind you, above you and below you.

We're not only in a body, but our living experience is also in a space.

All here together.

[Silence 8 minutes]