Meditation

Angela 2 — Week 1, Day 6, Session 1 — 25 minutes

Summary: Russell offers an image of our nature as a vast blue sky, an open space permeated by light in which moments are noticed. Thoughts, sensations, and feelings pass through like clouds. The sitting is to rest in that sky, welcome what comes, and let it go.

Introduction

I'd like to offer an image, and if it's helpful, use it. If not, just let it go.

It's an image of our nature, the self, being like a vast blue sky, an open space. And in this sky, the sky is permeated by light, and light means that things can be noticed, that it's conscious of itself, and it's conscious of what happens in this open space.

And those are the only qualities that we can even point to, that there's a space in which moments come. There's a capacity for noticing the coming and going of a moment.

Everything else is temporary, and we can think of the thoughts, the sensations, the feelings, all the phenomena that comprise a moment, as clouds or birds or something passing through the spaciousness of being.

Sitting

We're sitting here, resting in the blue sky, noticing, oh, that's there, and letting it go, letting it move. Not fighting it.

Sometimes the clouds might get very thick. That's okay. As soon as they're noticed, as soon as there's a moment of seeing, the blue sky is there. At least for a moment, there's an opening in the clouds.

So our direction is to rest in the sky, welcoming, noticing, not holding onto any of the coming and going.

Keep returning to that vital resting — has a feeling of vitality, or liveliness, and yet great, great settledness.

[Silence 22 minutes]