Meditation

Angela 2 — Week 2, Day 1, Session 3 — 31 minutes

Summary: Before the sit, Russell points to how consciousness is absorbed in objects and then in the one who notices, while an effortless presencing stays awake behind that movement. Sensation and embodiment are a doorway; coming to the door takes a doing, and what follows is a letting go into presence.

Introduction

A few words as we start.

Dropping down, letting your connection to the earth support your presence, support your sitting.

Always helpful to take the energy that tends to lift — unless it's just feeling very present and light — and grounding it through sensation.

As I mentioned last night, first — consciousness tends to be absorbed in objects. Objects being sensations, thoughts, feelings. And then we tend to identify unconsciously with wherever we're pulled.

Then there's the process of noticing that you're pulled into some object, some thought, some sensation, feeling. And there's a feeling of being the one who's noticing that. Now identification has moved from object to subject.

And within all of that movement, behind all of it, under it and around it, is an effortless presencing that is awake to the one who thinks they're meditating, and to the objects that are calling the one who thinks they're meditating.

And it's a subtle, ever-present inner sensing. It's just a direction we want to lean toward — falling back into the light sometimes, the space, the lit space that is intrinsically awake.

So the steps we're usually conscious of are, oh, I've been lost in a thought, I've been lost in a feeling, and there's the sense of the loss, and then the noticing the loss, and that's all very good and essential.

And then in that moment, especially when mind is quite active, to ground in present body sensation as a way of connecting. This embodiment, this presence through the embodiment, is a doorway. It's not the end product. It's a doorway into this vast space.

So we can actively cultivate the door, coming to the door, and then it's a letting go. It's allowing of grace. It's not a doing anymore. But the doing is needed to get us to the door.

It's another good journey.

Sitting

[Silence 3 minutes]

[Silence 12 minutes]

Can your eyes be open? Let light in, inviting your sense of your body sitting here. Help you return to present moment.

A light letting go into the presence that's there.

Even when lost in a long thought, that presence is always there.

Ground the moment within the moment.

[Silence 12 minutes]