Meditation

Angela 2 — Week 2, Day 3, Session 3 — 30 minutes

Summary: An image is offered for the sit: a being from another galaxy, or a guardian angel, fascinated by every detail of living and present with warmth, without trying to change anything. After a long silence, the light is turned around: a curious noticing of the one sitting, both in the body and with.

Introduction

I'd like to offer an image, an image we've had before. Only use it if it seems helpful. If it doesn't, it's not important to try to make it helpful.

So, it's this picture that there's another being that has been very interested in your life. Sometimes call it a scientist from another galaxy who is so fascinated by human beings. Interested in every aspect of being alive.

On that planet, they don't have bodies like this. And after centuries of studying, being interested particularly in you, they have the opportunity to have access to your experience of living.

And everything is fascinating. What breathing feels like, what thinking feels like, what sound is like, what bodily sensation is like, what comfort and discomfort — everything is of interest.

You could also picture that as, in some traditions, they'll have a guardian angel, been with you, knows what it feels like to be you, and yet is not living inside, has contact to your inside, sees you with great, great warmth and care, and just shines a light on what's living in your experience.

So either of these pictures, the important thing is that there's a sense that there's one sitting here on the cushion, and there's this larger being that is totally interested, fascinated, warmheartedly present with you in your living. Yet they don't try to control anything or change anything. They're really just fascinated by the living moment.

Sitting

[Silence 11 minutes]

Turn the light around.

A warm-hearted, curious noticing of the one sitting there, being both in the body and with the one sitting there.

[Silence 16 minutes]