Meditation

Angela 2 — Week 2, Day 4, Session 3 — 30 minutes

Summary: Russell describes a light touch within the living moment, contrasting a solid sense of I am aware with the lighter feeling that awareness simply is. Through Suzuki Roshi's image of the swinging door, he guides a gentle noticing of breath between infinite inner and outer space, and a soft letting go of thoughts that solidify a self.

Introduction

I'd like to offer a sense or image.

One of the qualities that's so helpful to grow is what I call a light touch within the living moment.

What I mean by that is, in some situations we can have the experience: I am aware. I am aware. And there's a feeling of some solidity of self, which is very helpful in some situations.

It's kind of a ground element, so that's more solid feeling, like locating your body. I am aware.

And then there's also a lighter touch, connected, we could say, to the air element, that has the feeling that awareness is. Awareness is. It's just the noticing of moments occurring.

And there's very little sense or emphasis on who is noticing. One does not feel solid noticing an object, but the noticing arises.

And have a picture, like a door that's open, sitting in the middle of a big field or the middle of the desert. And on one side, we think of the outer world, and on the other side is the inner world.

But as Suzuki Roshi likes to say, the I is just a swinging door between the outer, which is infinite, and the inner, which is infinite.

Sitting

And can we even have some sense that as the air comes in the body, it's entering this vast field before and beyond any particular problems or troubles or anything. There's just an open space, and the air goes out into an open space.

There's this very light touch of noticing this movement in and out.

We are awakened in the breathing. It's not the I that I'm aware. It's just awareness functioning.

Encourage a very light — once you feel yourself, I'm sitting here, then lighten that sense of I and emphasize the air, the movement of breath.

And in the moments of noticing, thinking, it's really just a letting go into this movement in and out, this infinite movement into the outer world, inner world. That becomes one world, and there's just this very light touch of noticing.

[Silence 15 minutes]

Very, very lightly, end of the accent. There's this gentle letting go into open space.

Just resting, letting, light.

[Silence 4 minutes]

Very gently noticing how a self solidifies through thought, and lightly touching, lightly letting go the breath to the spaciousness in and around.

Just opening the hand of thought. They're like bubbles bursting into open air. The thoughts have no solidity.

[Silence 7 minutes]