Meditation

Angela 2 — Week 2, Day 5, Session 4 — 31 minutes

Summary: Russell returns to a light touch on the moment, recalling that in "I am breathing" the I is extra. Self is recast as selfing, meeting the moment and falling away. Sitting keeps noticing, breathing, and hearing unsolidified. A small smile lightens the touch. Presence rests free of historical self, and solidity bursts like a bubble.

Introduction

I'd like to come back to the picture of a light touch, light touch on the moment.

It's connected to that statement of Suzuki Roshi, that when we say, "I am breathing," the I is extra.

Depending on the situation, there are different qualities, or we could say degrees of self, that are helpful.

It can be quite skillful to turn the word self into the process of selfing. Selfing — coming into relationship to a moment and falling away from relationship in that moment. A living, moving process.

Sometimes more self is needed, sometimes less.

Sitting

In the process of sitting, there's a noticing, there's a breathing, there's a hearing.

And the light touch has the quality of not solidifying who is noticing all that, but placing the emphasis on the occurring.

And so with that, just a gentle shift of holding the noticer more lightly. So it's a witnessing, it's not a witness.

It's got this sense of coming in and out, a light noticing.

[Silence 4 minutes]

A small smile can be very helpful, softening, for lightening the touch.

[Silence 10 minutes]

Resting in presence, a vacation from historical self.

And so, touching lightly when the stories are there. When the solidification of that self is occurring, the light touch, like a bubble bursting in space, and there's just space there.

When it's no longer seen as solid, when the seeing is not solid, when the seer is not solid.

Unfolding, unoccurring, noticing.

Welcome.

[Silence 14 minutes]