Meditation

Angela 2 — Week 3, Day 5, Session 1 — 30 minutes

Summary: A sitting that pictures vast, empty time, then the slow miracle of life coming to know itself. Each moment of noticing is honored as life awake in this rare place. After a long silence, awakeness is received and given on the breath, with a little downward sensing in the pelvis.

Introduction

Let's bow together.

An image that you can use if it's helpful.

And imagine endless time, or billions of years, whatever you want to think of it — a long, long expanse of time, in which nothing was experienced, nothing was known. It was just either empty space or completely full space.

And then imagine that through a process of miracles — matter differentiated into parts, eventually came alive, and eventually that living began to experience itself, began to know it was alive. It began to feel hot and cold, different kinds of pressures and impulses, and that this took a very, very unimaginably long time for this miracle — that life could know life, and that you are the place in which that's happening.

It's completely beyond good and bad — or the personal stories that get expressed or felt.

And each moment in which there is a knowingness — a gnosis, a meeting of consciousness and phenomena — is a great celebration.

And you are the place in which it's happening, the rare place in this whole universe in which life experiences itself, the very, very rarest of all places.

And it's taken billions and billions and billions of years to get to the place where this could happen, and you are the place in which it's happening.

And each moment of noticing is life coming alive to itself.

And I encourage you as you sit here, however it appears, however it's alive, to honor that. Really, don't worry about all the moments in which unconsciousness is there, and life is not knowing itself.

It all starts fresh the moment of noticing. It all comes alive, the whole universe comes alive.

You are this place in which this happens. It's really a miracle, it's an absolute miracle. Unfathomable.

Sitting

Let's journey together.

[Silence 16 minutes]

Each moment of awakeness is a gift, to you and from you. You bring more awakeness into the world, more capacity for light into the world, as you receive the gift and give the gift.

The moment gets carried in and out on the breath.

It's hard to sense the breath. Occasionally you can push down a little bit, feel downward towards the bottom of your pelvis, just to bring a little more aliveness down there, and then rest again, welcoming the moment.

[Silence 8 minutes]