Meditation

Angela 2 — Week 3, Day 6, Session 1 — 30 minutes

Summary: After a bow, Russell asks whether we are already enough, just as we are. Each moment of life is a thread to the heart of ourselves. A long sit follows. Living, he says at the end, is an open doorway, and we need not be different to be ourselves.

Introduction

Let's bow together.

What if just as you are right now is enough? That it's not about getting any better.

What if each moment of experiencing life as it is, is a direct expression of yourself?

That each moment of experiencing life as it is, is pulling on a thread that goes directly to the heart of yourself.

That we are here to experience life, which is the same as experience ourself. Just as it is, just as we are.

Can it be good enough, can we be good enough, just to feel that?

Beyond happy or sad or pleasant or unpleasant, just this, just you, as you are.

Suzuki Roshi liked to say, you're perfect as you are, and there's always room for improvement.

And so what does that mean for us? It's just taking what we can sense and trusting in that enough to pull on that thread, to be with that, whatever it is.

So the room for improvement is our willingness to let go of all the ideas of being different and really bow to just the way it is, which means just the way we are.

In this particular moment of being alive.

Sitting

[Silence 21 minutes]

Any moment of experiencing living is a doorway to yourself. It opens — not hidden.

Don't need to be any different to be yourself. It's right there.

[Silence 7 minutes]