# Meditation

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Angela 2 — Week 4, Day 2, Session 1 — 30 minutes

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*Summary: After a bow, Russell teaches that meditation is not primarily in the everyday mind but in a timeless presence already occurring, like the heartbeat. A silent sit follows, with reminders that a thought can burst into presence and that posture and mudra support it.*

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## Introduction

Let's bow together.

So it's usual that we think that meditation occurs in our mind. It's not that it doesn't occur in our mind, it's just that's not its primary location.

So there's always two qualities occurring. One is timelessness, where your being is occurring moment to moment, whether you're conscious of it or not. It's like your heart beating. And that is always alive.

And even when your consciousness is not with that, it's not actually missed, it's in there.

And then there's the everyday mind, where we usually identify the self, the thoughts, the feelings, I have to come back to present moment, I'm drifting away, that whole movement of mind. And that's an important part of our experience.

But it's really essential that we know that's not actually where the meditation is occurring. It's already happening below the surface.

And how can we know that? Well, dropping down to our bottom. Feeling the gaps between thought. And even within a thought, one can sense a spaciousness in it, around it, for it, after it, and we keep dropping towards that.

So each moment, there might be on the surface these thoughts and the coming back and remembering and planning and all that. That's actually a thin slice on the surface.

In any moment, one can drop into what's already occurring in presence.

That deep place is not actually dependent on your conscious mind, just as you don't choose to beat your heart from moment to moment.

So, dropping down, letting your body be a doorway to that timelessness.

So of course we want to notice where the mind goes and orient back toward presence. But to know that under the surface, always — it's occurring, always.

## Sitting

I wish you a good journey.

*[Silence 5 minutes]*

In—

*[Silence 41 seconds]*

the moment that you see you're in a story, you're in a thought, you're in the past or future. It's like a bubble bursts, and you fall into presence.

Just a light touch, and the bubble dissolves. And what's left is just this.

*[Silence 5 minutes]*

Take care of your posture, take care of your mudra — they support your presence.

*[Silence 15 minutes]*