Meditation

Angela 2 — Week 4, Day 2, Session 6 — 24 minutes

Summary: Russell invites gratitude for the rare chance to practice and awaken together, in service of a life larger than the personal. Sitting, attention returns from stories to the body and breath, then rests in the open space from which each moment arises, always fresh and unharmed.

Introduction

[Silence 50 seconds]

It's very helpful. I find it helpful. Maybe you do. To acknowledge, sense into the rare gift that we have together, the opportunity to come to awakeness in all these different ways, and to be able to sit together.

Yeah, it's a unique opportunity. We think of all the billions and billions of people who have lived. How rare it is to have an authentic practice with a group of others who are wanting to come into direct connection with living, wanting to awaken where we're participating in the evolution of consciousness together, the evolution of our own lives, life, as it's known to itself.

It's enormous. Enormously grateful. And as we sit here, of course it's helpful to have the sense that I'm benefiting this life that's much larger. And we might be able to feel something about that. And it makes it, in a helpful way, less personal.

Sitting

So let's sit together.

[Silence 3 minutes]

And when personal stories start to dominate, let the attention in your body call you. Start with the ground and movement in the belly with the breath.

If more order is sought, you can count the exhales. Can be helpful. Or you can simply settle.

Shining the light, turning the light around towards the present moment.

You are the place where life is experiencing itself.

[Silence 6 minutes]

[Silence 30 seconds]

Your sense of breath — I wonder if you can also sense the space from which the breath comes. Not to think about it, but just to sense into it.

Just like you can sense into the background of something that you're seeing or hearing.

And even when there's a thought, the space out of which the thought comes, that open spacious space there.

And we sense that every moment emerges from an open field, and rest in that. As the coming and going occurs.

[Silence 5 minutes]

Even a deeply absorbing thought is like writing with your finger in water, or taking a pen into the air and writing. The impression lasts for a brief moment and then it's just space again, never corrupted, never hurt.

It's fresh, spacious.

[Silence 3 minutes]

Like the bubble pop, be in space. The infinite space around it.

[Silence 3 minutes]