Meditation

Angela 2 — Week 4, Day 3, Session 1 — 30 minutes

Summary: Russell invites an experiment moving between directed attention on the breath and a more open attention. He suggests counting exhales or simply following the breath, then opening to whatever calls. Later reminders distinguish commitment in directed attention from availability in open attention, and note that either stance can be sharp or diffuse.

Introduction

So, I'd like to invite you to experiment during this meditation with a conscious movement between a more directed attention and a more open attention.

And I'll recommend that in your directed attention, you're more conscious, more intentional towards sensing your breathing. You might like to count the exhales, one to five or one to ten, start again, or just follow the breath.

And of course, there's still an openness to other phenomena, but you're kind of linking, creating a stronger linkage of your attention and the breath.

And you might do that for five minutes or so, and then you open the attention. And of course — something like directing in the sense that you're called to things and you notice them and you're conscious of them, but it's a much more open feeling.

And then again, returning to a more intentional direction of attention. And to experiment in the different influences of those in a more conscious way.

I'll occasionally remind you of that.

Sitting

[Silence 5 minutes]

I think, in more directed attention, really be committed to that direction.

[Silence 5 minutes]

When the more open attention, you're available to be called by the moment. And to keep from getting too lost in your stories, you can have a soft presencing in your body — a sense of orienting toward presence so that you can be called by the living moment.

[Silence 5 minutes]

Both the directed and more open stances, there can be greater or lesser focus. So one could have the breathing very sharp, clear. Or one could have it in a more diffuse, softer way, but still be located in the breath.

And one could have the open field be clear and bright, focused. Or one could have the open field in a softer, more diffuse way.

[Silence 13 minutes]