Meditation

Angela 2 — Week 4, Day 3, Session 7 — 21 minutes

Summary: A sitting that begins by sensing aliveness before preference, then recalling small moments from the day that touched you so the body can receive them and gratitude can arise. The practice opens into receiving the breath, radiating blessing toward beings and suffering in the world, and turning that care back toward oneself from a larger sense of self.

Introduction

Spell together.

[Silence 4 minutes]

It's alive. Keep turning toward how it's alive, before our opinions, preferences, likes, dislikes. It is.

[Silence 3 minutes]

Sitting

Let your hands rest and your eyes close, and reflect back through the day, inviting a moment where something touched you. Could be a very small moment, but with your attention, with your presence, it will grow.

Let a specific moment come. Doesn't have to be a big one or the biggest or anything — a specific moment. And let yourself recreate, in a sensory-rich way, what you see there. If there's another person, maybe their face, the expression.

Stay with one moment for now, and then are there sounds or smells, the aura of the moment? And then turn the attention toward how it feels to be you in that moment. Turn the light towards that.

And let your body have the way it was touched, even if it's more now than then, because you're taking the time.

And notice if there's a sense of gratitude implicit already in that moment. And if so, let that be there also.

And after a few breaths, maybe four or five breaths with a given moment, however long it takes, then invite another to sit like that for the next minutes, letting moments come and giving the body a chance to really have them.

Have the blessing, notice the gratitude, and then let it go.

[Silence 51 seconds]

Stay long enough for your body to receive it. Don't jump until it drops all the way down.

[Silence 2 minutes]

Let that go for now.

Just as you're breathing — the sense of receiving this breath, and the generosity of the universe. And exhaling, let it go through your chest, out.

And you can imagine specific beings receiving your blessing, your goodwill, your best wishes. And one or two, maybe three breaths with each being, and then invite another. So you become a vehicle of radiance for this generosity, this goodwill, this positive intention.

[Silence 2 minutes]

And let your radiance expand beyond individuals toward situations in the world. Know there are people or animals suffering. Radiate your care in different directions with an intention for this situation to find some healing.

[Silence 56 seconds]

And then turn the attention towards the one on your cushion, the one you call yourself. Turn the light around, so that you're sitting here and you have the feeling of radiating best wishes from this larger space, from that spirit self that's larger, vast, oceanic.

Radiating your care, you know the kinds of struggles that this historical one can have, and from this larger sense you wish this one well toward remembering their connectedness to source, to life — how the awakeness is never far away, even though it feels that way, when he's lost or she's lost.

Your encouragement for the struggles or for the pains.

Let's take the mudra for another minute. Just come back to sitting.

[Silence 5 minutes]