# Meditation

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

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*Summary: A bow, then a few words on practice. This situation lets us be intimate with the historical mind and the free capacity for noticing. Sitting is a chance to see identification with stories, step back, and rest in awakeness. Later guidance offers a light touch and being carried by the river of living.*

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## Introduction

Let's bow together.

A few words for our practice.

So the brilliance of this structure, this situation, is we get to be intimate with the historical mind and with the capacity, the free capacity for noticing, the noticing that comes from the spaciousness and the light that is our nature. That we can — that's there.

And there's a freedom in that moment of turning the light around, or the light gets turned around. And every moment of our life, there's this awakeness meeting our history. And sometimes we feel it, and sometimes we don't.

But in this simple situation, we get to see how we choose to identify with our stories, with our narrative, with who we think we are. And then our reactions to who we think we are.

And at moments we step back from all of that and we see the play. And it's not personal in that moment. And then we're free.

And as we get more and more experience, we go, oh — I don't need to be in that narrative. There's another level of consciousness that's always here. And then we get to play through our history. We don't get rid of it.

But the moments of sitting here are this opportunity to notice. Not fight, notice, step back from. If we get caught up in the moment of seeing, it is a stepping back from.

And the free state is always there, even in the most difficult moments. So here the situation is simple enough that we can see all, experience all that.

## Sitting

We let your body ground you.

The breath comes and goes. Sometimes you direct your attention, so that you're not just lost in the stories. Sometimes it's a more open attention.

You sure, good journey.

*[Silence 8 minutes]*

Getting absorbed in a story is practice for letting go of the story. The moment of seeing — oh. I'm not that.

*[Silence 7 minutes]*

Very light touch. On the bubble, and it opens, dispersed, open into space.

*[Silence 6 minutes]*

And let yourself be carried by the river of your living.

The moment comes — sound, light, thought, feeling, story, breath. It's all scenery that comes and goes, and you're being carried with a soft, light intention to notice the coming and going.

When possible, just enjoying being carried by the current.

When getting caught up in some story, directing attention back to presence through breath, ground, sound, till you can rest in the spaciousness.

It's always there behind the content of the moment.

*[Silence 6 minutes]*