Meditation

Angela 2 — Week 4, Day 5, Session 1 — 29 minutes

Summary: Russell returns to the image of a small boat carried on the river of life. If the image helps, enjoy the journey, paddle by directing attention when near the rocks, then open again in midstream. Later he invites trusting the body, holding thoughts lightly, and stepping back from the voice that claims to be I.

Introduction

It's about here.

I'd like to come back to an image we've used before. If it's helpful, use it. If not, don't.

It's this image that you're being carried by the river of your life. You're in a boat — small boat in the middle of a wide river, carried by the current. So there's not a lot you need to do.

You can enjoy the scenery, enjoy the feeling of the water, what you can see, what you can hear.

Moments come and go, and maybe you're in a new place. You're traveling and you're curious about whatever appears. Go by beautiful sights, you go by unappealing sights, but you're curious about this land.

You notice when you get caught in daydreams or in being back home, and you go, oh, I want to see what's here now. So you open your eyes again, you open your ears again.

And then sometimes you might find yourself over by the shore near some rocks, and you need to paddle, and paddling is like directing your attention more precisely. So for a little while you'll paddle, maybe counting the breath, raising the level of focus, and beginning to a more specific feeling of the breathing.

Then when you feel you're back towards the middle of your river, you then open the attention again. Just let life move you. Open, curious, welcoming, alive, and intimate with the moment.

And then you might find you're lost on the shallows, in the rocks, and you need to paddle again. You direct your attention in the ways we've been directing.

Sitting

Enjoy your journey.

[Silence 12 minutes]

Trust in the reality of your body living in this moment. Hold very lightly the thoughts and feelings that come and go.

Keep dropping down, unfolding into presence, letting go of stories.

[Silence 5 minutes]

Keep stepping back from any content. You are the space in which things come and go, including that voice that keeps claiming itself as I. And you see it. Step back. You don't fight it. It's light touch, spacious, light.

[Silence 6 minutes]

It's so helpful to see the central voice, the default voice that claims the I. So familiar. Step back and just see. Sense into that.

It's not bad, it's not an enemy, it's just not the essence of self.

[Silence 3 minutes]