Meditation

Angela 2 — Week 4, Day 5, Session 7 — 29 minutes

Summary: Russell guides a silent sitting through shifts of attention — open, brighter, soft focus on the belly breath, then sound — noticing what each change brings rather than trying to feel others. Intimacy on the inhale and alive on the exhale are felt through the body before a return to the circle.

Introduction

[Russell:] We're again going to be in silence together, but I will invite you to have different kinds of attention and to sense the different influences.

You're not trying to feel the others, you're just noticing what happens as you shift to the different attentions, right?

And I encourage you to follow the invitation and make the shift when I invite you to make the shift.

And Christina, can you hear me at this volume?

[Participant:] Yeah, I can hear you okay so far.

[Russell:] Okay, okay, so wave or something if I get too low. Also, Peter, you're hearing me okay? Okay. Val, you hearing me okay? Okay.

Sitting

[Russell:] So, let's bow together.

[Silence 33 seconds]

[Russell:] Start with open attention. You can scan through your body to start. Just feel I'm here, so there can be a little directing. Locating self on spot, then let it open once you feel connected to the spot, to the breath, to the sounds.

[Silence 3 minutes]

[Russell:] Continue with an open attention, with a higher resolution, just a little bit more sharper hearing, sharper sense of bodily sense, sharper seeing when you see. Clearer, brighter.

[Silence 3 minutes]

[Russell:] Now, tend to your breath in your lower belly where your hands are, with a soft attention. So, a precise area with a soft intention. A soft focus.

[Silence 3 minutes]

[Russell:] Stay in your belly with the breath, let it get brighter, clearer. Just a little bit turned up, like take the dimmer switch and move it up a little bit.

[Silence 3 minutes]

[Russell:] Let sounds be in the foreground, in a soft, diffuse way. Lower the dimmer switch on sound. Other things can be in the background, you don't have to fight them. But the main interest is sound.

[Silence 52 seconds]

[Russell:] Notice if you can minimize the labeling of sound. And just be like a tape recorder receiving sound.

[Silence 2 minutes]

[Russell:] Feel how you can let the sounds be slightly brighter. Increase the fidelity just a little bit. Dimmer switch is moving up again.

[Silence 2 minutes]

[Russell:] Rest in open attention, just letting what comes, come. At a medium level of focus.

[Silence 4 minutes]

[Russell:] And as you continue breathing in intimacy, let the word be felt through your whole body. What is intimacy? Let intimacy occur through your whole body. The word invites the feeling and sensation.

As you exhale, alive. Feel that through your bones. Let alive radiate through you.

[Silence 8 minutes]

[Russell:] Back into the large circle.