Meditation

Angela 2 — Week 4, Day 6, Session 1 — 30 minutes

Summary: A guided sitting that orients attention away from thinking and toward a light noticing. Russell invites a step back from the thinker, the noticer, and the solid self, into open attention and the light of being. After long rests, he offers optional directing of attention, then a letting go, and hearing without a hearer.

Introduction

Let's bow together.

I'd like to help orient the attention. Not so much to think about what I'm saying, but to give you an action, a way of orienting.

Sitting

So, we're sitting and there's a noticing of something that occurs, and in that noticing —

We perhaps can see the thinker or the one who is creating that moment.

And with a very light touch, we can step back and see that process of something is created and something thinks it's creating it.

And with a very light touch, the light turns around and notices that whole process.

There's another step.

We might think we are the one who's noticing all that. We might identify with the noticer.

And it's one more subtle step back, just into the light, in which the noticing, the one who thinks they're creating the moment, and the thought or feeling itself are all seen.

It's just the light is off. That last step is open attention. Can't be directed. It's just resting, and all the play of the moment is there.

The one who thinks they're aware, the thinker or feeler that precedes that, and the phenomena that are appearing, they all dissolve together.

So, as you're sitting here, and you notice something appears, notice the formation of something that thinks it's noticing that, a kind of solid self that's claiming to be aware, in a subtle, subtle way, and just let that fall.

Just be in the light itself.

[Silence 9 minutes]

With a light touch, the bubble bursts.

Just notice, there's another density that forms, one who thinks they're seeing all that.

Just let that bubble go also, and just rest in the space and the light of being.

All this moves through, the density of the thought, of the thinker, of the one who's aware of the thought and the thinker, even that bubble, opens into the spaciousness — light.

[Silence 5 minutes]

Resting in spaciousness of being, most subtle direction toward being here.

Just light, not controlling, not directing in a significant way, just leaning into the moment.

[Silence 3 minutes]

If it's helpful, you take moments of directing attention.

Sometimes the external, sometimes the internal, sometimes more focused or more diffuse.

Sometimes in a specific small area, maybe your lower belly or your bottom, sometimes a larger area, your whole body, whole breathing.

Then there's a letting go of that control.

Very light touch of noticing anything that gets solid in there.

[Silence 5 minutes]

When hearing, notice how it's quite simple for a moment to eliminate the hearer. There's just hearing.

The light touch can be just the hearing without any kind of solidity. It passes through.

The same is true with every phenomenon.

[Silence 3 minutes]