Meditation

Angela 2 — Week 4, Day 7, Session 1 — 30 minutes

Summary: A return to the image of a vast blue sky, spacious and awake with warm light. Whatever appears moves through like a cloud or a bird and leaves no trace. Rest there, and step lightly back from the voice that claims I. After a long sit, boredom, tiredness, and wanting are places to notice who forms, without judging.

Introduction

I'd like to return to the image we've used before.

You are this vast, spacious blue sky that is lit with the warm light that is awake in itself. So it's a quality of spaciousness, and a quality of noticing or light or Awareness, awake in that space.

Everything that appears, it's like a cloud or a bird moving through that space, leaving no trace.

Sitting

And you're resting in the spaciousness and the light of being, noticing, coming and going.

Maybe a little extra interest in the one who thinks they're meditating, or the kind of CEO voice, the one that comes back and claims I. And just very, very lightly, with a smile, with a soft touch, just step back from that also.

There's just space and light.

So whatever appears, even the emergence of one who thinks they're observing everything — it's just one more bubble.

[Silence 24 minutes]

Really excellent time to observe the formation of a self is when you get bored or tired or wanting it to change. Just to very lightly, with a little smile, notice who has all those opinions, all those desires.

Not judging it, just not being that. A light touch. Seeing who forms.

[Silence 3 minutes]