Meditation

Angela 2 — Week 5, Day 5, Session 1 — 37 minutes

Summary: The session opens by feeling the sit bones and lengthening the spine, then inviting yesterday's resource without demand. In the long sitting, the belly is the center of a universe reaching into the earth and the sky, open and round within one world.

Introduction

As we start, I invite you to take a moment to feel your bottom.

Take your right hand and put it under the right side, see if you can feel that sit bone a little bit. Reach fairly far under.

Just move a little bit forward and back, not letting your lower back articulate. The movement is from down below in the hip joints. We're thinking of articulating actually over that sit bone, where your whole back is like one long piece.

Shoulders go forward and coming out of your pelvis — your head away. Sink. And sink.

Your left hand, left side. Feeling, not going — your head's not going down.

Sit. Forward. You feel that length.

Take the hand out. Just feel that.

Place your hands on top of the scalp. Feel the scalp. Very gently, feeling palms and fingers on the sides.

It's like gently inviting the scalp upward, with a feeling of — it's like giving direction to your whole spine. The fingers are upward, the palms are somewhere near the ears, maybe just in front.

And so there's a feeling that the scalp indicates direction, the whole spine down to those sit bones, and breathing into your abdomen, letting the breath come from above through you, and lowering your head.

So there's a feeling of the bottom well connected downward, the head drawn upward, and this middle, the breath attracted into the middle.

Sense that you're here on this spot, yet you're permeable from above, from below, and all around you.

So it's this paradoxical sense of the autonomy of your body, that you are here on this spot, sitting here for the life that you have, yet completely interdependent and connected.

Sitting

Just take a moment as you're here to briefly invite your resource, your model from yesterday, the image, the most important sensations in your body.

You're not making your body do it, you're inviting through the words, the image, the memory of sensation. Would it like that right now?

Give it the opportunity — you give the inner world the opportunity to resonate without demand.

[Silence 5 minutes]

[Silence 15 minutes]

Belly is the center of a universe that extends way beyond your body. Down through your bottom into the earth. Up through your skull into the vast sky.

Open to the world all around you as the breath comes, goes.

Be round. Within our one world.

[Silence 11 minutes]