Meditation

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

Summary: Russell retells a student asking what zazen is, and the answer that meditation is non-meditation. He offers the bold proclamation to be the place where life knows itself. The sit is confirmed by earth, birds, and breath, then guidance to return to the living moment and start fresh.

Introduction

It's about, again. Remember how the student says to the teacher, what is Zazen? What is meditation? What are you doing sitting there?

Teacher responds, meditation is non-meditation. Don't be fooled by your ideas of meditation.

Student says, how can meditation be non-meditation? Bold response. It's a lie. It's a lie.

The bold, courageous proclamation is, I will be the place where life knows itself. I will come back from the virtual reality that I create and stand up for the capacity for life to know itself.

For as long as it takes, I will keep—

Sitting

And we are confirmed by the earth. We are confirmed by the birds. We're confirmed by the air going in and out.

[Silence 10 minutes]

Don't worry about any busyness in your mind. The living moment is always here, waiting patiently your arrival.

It's the commitment and courage to keep returning to life. Starts fresh, right now.

[Silence 19 minutes]