Meditation

Angela 2 — Week 6, Day 5, Session 1 — 30 minutes

Summary: Russell offers an image that empowers sitting: to sit for others and for future generations, opening a little space and light in a shared field of unconsciousness. The contribution is a warm-hearted willingness to be awake with this moment, especially when it is difficult, followed by a long sit.

Introduction

An image that empowers my energy in sitting is the image that I'm sitting for others. I'm sitting for future generations.

And it's the image that there is a darkness that draws us, that confuses us. It's an unconsciousness that asks us to get further and further unconscious, away from light and away from love.

And that each moment that a human being is willing to be awake with whatever is here, it's like an opening in that. You can think of it like a jungle, and some space opens in that jungle, and it makes it easier in that field for those who come later to have a little bit more space, a little bit more light. Some path is there.

So it's the sense of — I welcome the benefits that I experience in my life, but it's clear that my mind field is not separate from others, that we are working with a field that we share, and the greatest contribution I can bring is a warm-hearted opening to this very moment.

Especially when it's challenging or sleepy or dark or confused or the not wanting to be here is strong.

I'm often more willing to sit here for others than for whoever I think of as myself.

Sitting

[Silence 28 minutes]