Meditation

Angela 2 — Week 1, Day 5, Session 6 — 25 minutes

Summary: Russell offers a picture of meditation. Awakened nature is always here; the mind only sometimes lines up with it, and that is when we think we are meditating. The work is effortless effort — a gentle return to presence, then sitting with the bottom, the breath, and the middle.

Introduction

I want to give you a picture.

A lot of us, most of us maybe, carry the image that our meditation is mainly about what our mind is doing. It's trying to kind of control or limit our mind, and that's a piece, but it's actually kind of in the background, in my understanding — my experience.

And I want to give you this picture. It's as if your beingness, your connection to living, is always alive. Let's say your awakened nature is always here. It's like this —

Always moving, always carried by life forward. You can never not have that.

So this is an image of your being, always here. And your mind is like this — that it sometimes lines up with this, and then you think you're meditating.

So you fell into the place that your being is resonating. You fell into the place that's already there.

But even when you're all out here, this is still continuous. It's never not there.

So it's not that you make yourself meditate, it's that you fall into the place that's already in deep meditation.

So, what gets very interesting is to begin to rest in that place. Then what your mind does becomes a lot less relevant.

And it's still helpful to gently encourage the mind back to present moment, because that's where it will tend to fall into then. But just being in present moment doesn't mean you'd necessarily fall into it. It's the best conditions for falling into the effortless connection to being.

Effortless connection to being. So we make these efforts to fall into the effortless. It's sometimes called effortless effort, is what we're doing, effortless effort.

We're wanting to drop into the place that's always present. Always aware.

Sitting

So our work is the gentle encouragement back to presence, back to sitting here.

It's literally sitting here, so that's why feeling your bottom is so helpful, because it's really a big part of just sitting here.

Feeling your breath.

Sensing in the middle of yourself.

It's both together.

[Silence 22 minutes]