Meditation

Angela 2 — Week 2, Day 2, Session 3 — 30 minutes

Summary: A few words of orientation on friendliness toward the living moment — space for what is happening, without forcing liking, resting in awakeness rather than effort or sleep. Sitting continues with gentle noticing of stories, warmth, the feeling of being here, attention to the exhale, and shifting consciousness beside the one who sits.

Introduction

Just a few words of orientation.

So this quality of friendliness towards the living moment, it has this sense of — that there's space for what is happening. That doesn't mean we try to force ourselves to like it when it's something we don't like. There might be some physical sensations or some mental patterns that are challenging to be friendly with.

And our work, our opportunity is to be a little bit larger than anything that appears.

So as I said yesterday, we usually start with some object of attention. We're usually pulled into something, a story, a sensation, and then there's a noticing of that. And so the subject comes forward, and there's this step where we're falling back into — just resting in the moment and noticing all of that, noticing the reactions, noticing the opinions.

And so I want to encourage that we're not working hard in that noticing, but we're not going to sleep. It's a resting in awakeness is our direction there, with as much as possible unconditional friendliness to how life appears.

And when something inside is struggling, unconditional friendliness towards that.

Sitting

[Silence 7 minutes]

Very gently and consistently noticing the stories, and just that act of stepping out with warmth. So healing not to be inside the story.

Just to gently notice and be here on this spot, feeling your bottom.

I am. I am here.

There's a very gentle noticing of the coming and going of the living moment.

[Silence 3 minutes]

Be helpful to give a little extra attention to the breath, particularly the exhale — the space at the end of the exhale.

[Silence 7 minutes]

Notice how you can shift consciousness out of the body and observe the one sitting there. It's as if you move maybe behind or above, next to.

And you know how it is for the one there, but you're next to them or behind them or above them. You're intimately connected to the one there, yet not inside there.

Just notice if that movement of consciousness of attention is alive.

It can be almost like you have one foot in the body and one out, or you could be completely next to, or about behind.

[Silence 9 minutes]