Practice

Angela 2 — Week 2, Day 3, Session 1 — 14 minutes

Summary: Russell guides a resource growing process he calls a root practice. Sitting beside a partner, not yet facing, each person invites a being it is easy to wish well, fills in a particular moment, and notices how unconditional goodwill lives in the body before turning to speak and listen.

A root practice

I'd like to do a resource growing process, and it's a process that many of you have done with me, some more than once.

It's one of the resource growing processes that I think is most important, and I would like it in the room.

So if you've done this process with me before, you might get a completely new reference for it, or a reference you formerly had might come. That's great. Have it fresh.

You know, I've done the process we're going to do at least 15 times, and I still get more. It deepens.

We are literally growing neural networks, literally growing different ways of interacting with the world and with ourselves.

So, as you know, the resource processes are — I'll guide you in. You'll be sensing yourself. They're Focusing-like, in the sense that you go to similar states of consciousness. It's a bit of a different process.

And first, I'd like you to sit with your partner, although at first not facing your partner. You'll sit next to your partner. I'll guide you through the process.

I'd like you to have it in your own experience, without the other listening, and then we're going to sit and spend some time with the other person listening, because it tends to deepen, ripen. More tends to come in the presence, or different comes. Sometimes it's more, sometimes it's just different comes, when the social brain is active, as well as you with yourself.

So we want all of that alive for some of our qualities.

I was down in LA last weekend. There was a really dear young couple. It's amazing when you get to a certain age and you call people who are 40 really young. That's kind of new.

So he's a medical doctor and acupuncturist, very interesting and interested in a lot of things, and was really taken with the seminar.

And so at one point I was leading through a resource process and he just lit up. He said, how do I learn this stuff? I said, you got to come to one of these.

He goes, well, they have a four-year-old. We'll try to get — one of us can do the next one. We'll see who it is.

And then he goes — so I mentioned the long way. Well, there are many resource processes. There are about six or seven that are most frequent, I would say.

So he grabs me at the end of the sentence. What are they?

I'm not saying. So you'll figure it out.

So this is one that's kind of a root practice, I would call it, and it's going to lead us into our next practice.

Sitting nearby

So please sit with your partner — not facing, but nearby, so you can easily shift.

Yeah, use chairs if that's better for you.

Sit comfortably.

I invite you to close your eyes if that's comfortable for you.

If you're sitting in a chair, find a way for your feet to be resting, not held up. If you need something under your feet, put it there.

And just take a few moments to drop down into the fact of sitting here, the sensations that are alive in your sitting here.

Feel the chair or the ground.

Your feet are there, somehow connecting to the earth.

Your hands have some weight, or something in them — some sense that they're there.

And then bring your attention towards your inner body, the feeling body, inside your throat and chest, belly, and lower belly.

Unconditional goodwill

And just invite your inner life to bring you the image of a being — person, dog, animal, any being. Most of the time, or often, it's easy for you to open your heart to this being.

There's a sense of warm-heartedness that is — not always, probably, but it's there easily — and you even know the feeling of unconditional goodwill.

Unconditional goodwill.

When you imagine this being, and imagine their unfolding life, their destiny — if you kind of had a bird's eye view, you would just wish them well.

If you have a few that are competing for attention, just choose one. It doesn't even have to be the biggest. It's just that this feeling is known to you.

If you don't have any being that you have thought of yet, just raise a hand so I know you're still looking.

Okay, so let's take another few moments. If you have one, you can just enjoy kind of flashing through the files of this being and your experience of them.

If one hasn't come, I'll suggest that it doesn't need to be a big thing. It can be an animal you had as a child. It could even be a teddy bear. It's that this feeling was alive in you.

Could be someone that you sure have conflicts at other times, but you know this feeling of goodwill, really wishing them well.

So just come as close to that as you can.

A particular moment

And begin to imagine a particular moment with this being.

It could be a historical moment, or it could be a moment that could have, but maybe didn't, happen just this way.

So pick an actual place where you might have been with this being. Your brain likes sensory richness in these places.

So find a place. Notice if you're inside or outside as you're with them.

If you're inside, notice the furniture, the doors, the windows. Let it keep coming, almost like you're watching a movie, or you're in a movie.

If it's outside, notice what the landscape is like. Trees, mountains, colors. Any smell in the air?

Keep feeding it. It may shift a little bit as you invite it. You're letting it come to you.

If you're not sure, just let something appear. Invite your inner life to paint the scene a little bit more.

Are there any sounds? Are there other beings there, or just you and this one?

Does it change? Is it a kind of moving scene?

And as you cultivate it, notice the quality of your body in this moment of caring, this moment where you gaze upon them with this sense of warm-heartedness, a sense of really wishing them well.

And notice how you move — how you're sitting, standing, walking — your physical relation. Are they sitting with you? Are you touching?

Keep letting it come.

And sense how it feels in your body, in your chest, in your belly, in a moment like this, where you have this feeling.

It's not other moments. It's just this moment, this feeling of unconditional goodwill, wishing them the best in the unfolding of their life.

And let your body show you how this kind of moment lives, how it's experienced.

What happens in your chest, in your belly, in your lower belly.

What happens in your face.

The overall feeling of you in a moment like this.

And even listen in the background for some of the subtle ways you are.

In a moment like this, what's your sense of time, for example, or your sense of space?

And just take another little bit of time to invite your body to form and show you. This comes alive in me.

And if you lose it, just come back.

This comes alive with me — in me.

When this unconditional caring and goodwill and best wishes is alive.

And just take a moment to thank your body that all this is possible, even if you felt it just a little bit — that that memory can be linked to sensation and feeling, and come alive in the present moment.

And let your body know you'll be back in a few minutes to spend a little more time with it.

Facing your partner

But right now you're going to be shifting shortly, so you kind of prepare the inner life, but don't want to jar these. They're almost like jello molds that are forming. We don't want to shake them too much.

So we want to ease into the space around, letting sounds come first, letting your eyes open, just letting color and light in.

Staying silent.

You're going to face your partner.

Without speaking, determine who will speak and who will listen, and then if the speaker wants to be in a different spatial relation, you can.