Meditation

Angela 2 — Week 2, Day 4, Session 2 — 24 minutes

Summary: Russell names a part of the human being that prefers absence and keeps a self-entertainment system running so it does not have to be here. Recognizing that part without fighting it, we lean toward presence in one breath. The sitting then opens a warmheartedness image and radiates goodwill to particular beings, to others, and to oneself.

Introduction

So, it's helpful to know — or I hope it's helpful to know — that there seems to be a part of the human being that prefers absence to presence, that just doesn't want to be here.

And that aspect — we'll look further at that at other times — but from the point of view of that aspect, there's a great repulsion to the feeling of presence. It just wants to be anywhere but here, anytime but now.

The rest of us might be saying here and now is where it's at. Well, this part says, any place but here, any time but now. And every one of us has a very well-developed self-entertainment system.

Some of us have predominant tragedies playing in our self-entertainment system. Some of us have comedies. Some of us have musicals. Some of us have just very, you know, kind of functional to-do shows.

But everybody has a well-developed self-entertainment system that says, okay, I know I don't want to be here. What am I going to create? Where will I be? What show am I going to watch this time?

And I just want to say that's not a problem. That's just part of what lives in the human being.

And for us to be able to recognize when that's active, to be able to shine a light toward it, to acknowledge that it's there, and then lean into presence. Don't force it, but lean toward it.

And sometimes it's a back and forth, but we don't have to create a fighting relationship or a sense of resignation.

There's just — oh, that's there. Look at that. Oh, curious.

Sitting

This breath, one breath. We come alive in one breath.

Enjoy your journey.

[Silence 13 minutes]

Let your hands rest and your eyes closed.

Just invite your image, the resource image for that. Warmheartedness. See if that picture can trigger something in your body. Keywords.

And as you're breathing, inhaling, letting the air come from above through you, exhaling up and out the center of your chest.

And with every one or two, maybe three breaths, send your best wishes, your goodwill towards particular beings in your world.

You know something about their challenges and struggles and what they're living with, and just wish them well on their journey.

Spend the next few minutes radiating your best wishes to particular beings.

[Silence 2 minutes]

And begin to include some of the other beings, maybe more anonymous in your life, in your world, and also some of the beings who've been serving us here, just radiating best wishes for their journey, for their happiness, for their peacefulness, their clarity.

[Silence 2 minutes]

Now, stand outside or move the light from behind yourself back towards the one sitting there.

You're in this larger space radiating your best wishes for the freedom, for the clarity, for the happiness of the one sitting there.

[Silence 33 seconds]

Please take your mudra for another couple of minutes.

Eyes open.

[Silence 2 minutes]