Meditation

Angela 2 — Week 2, Day 6, Session 2 — 24 minutes

Summary: After a bow, Russell recalls resting in the moment and resting vitality — not spacing out, and not tense or working from moment to moment. He invites not buying the story, and sensing something timeless before, within, and around the thinking mind. Later, a brief hello to a busy mind, then one exhale and the space at its end.

Introduction

Sitting

Let's bow together.

And I'd like to remind you of this picture of resting in the moment, resting vitality.

Not so much resting that it's just spacing out and lax, and not so much vitality that there's a sense of tension or working from moment to moment.

It's an ever-changing — sensing into those qualities.

And for just at least some moments a day.

Not buying into the story, not fighting it, but just not believing it. That there's something here before, after, within, and around the thinking mind.

Timeless, closer than our skin, and we can have the fragrance of that, the sensing of that, falling back into that.

It's letting go of the belief in the solidity of your story. Not fighting it, not judging it, just not buying it. Some moments a day.

[Silence 13 minutes]

It's helpful to acknowledge if the mind is busy with particular things, maybe the planning mind, the traveling mind. Thinking about tomorrow, next day.

Some other topic keeps calling you, just to acknowledge, oh, that's there. Brief hello to that.

And giving yourself to the next exhale, through to the end. Surrendering yourself to that one breath.

And into the space that comes at the end of the breath.

[Silence 9 minutes]