Meditation

Angela 2 — Week 3, Day 2, Session 1 — 30 minutes

Summary: Russell invites the group to befriend the shifting temperature as a picture of life, and to notice whether attention turns discomfort into a problem. After a brief adjustment of the light, they bow and sit, returning to breath, weight, pulsation, touch, sound, and space.

Introduction

Let's bow together.

Just a few words before we start.

The good news on this morning is that it's slightly cool. Some people feel a little bit what they'd call too cool. And that's good, those of you who have a little bit too cool, because in a little while it will be just right. And then it will be too hot.

And that's really good news, 'cause that's our life. You know what I mean? And either we get friendly with that or we don't.

And this is one of the essential teachings we're working with. Do you make your life a problem or not? Or when you make your life a problem, do you keep it a problem? Or what do you do with your attention that makes it difficult or makes it easier?

I would say, well, it's so simple, it's not brain science, but it is brain science. Where you put your attention will create your experience.

There will be many moments of discomfort in this life, and they can be harrowing, and they can be really just fine, and any place in between those.

And it's so helpful when we're sitting here to have the opportunity to experience — oh, this one is struggling with this kind of moment. Whether it's a physical challenge or a mental challenge, or this one is really fine in this kind of moment, or this one notices some of both.

Something inside feels challenged, and there's something larger noticing.

So it's all over. I mean, there's the ticking of the clock. There's some people, you know, they'll really zero in on the ticking, and the ticking will become really loud, and they will really say, why is there a ticking?

And they'll want to redesign the room for a while, and, you know, it's just ticking, and it can be louder or softer in terms of the weight it has in your experience.

And so encourage you to open to exactly how it is for you. And when there is struggle there, to open to that with kindness, with welcoming.

And could you shut off the light behind you there? Thank you.

Just this one, right on the wall. Right at the light fixture to your left. If you go to the lamp and just turn the — there we go. Perfect. Thank you.

Once again, almost perfect. Wow, perfect. That's just too dark. So that means it's just right.

Sitting

Let's bow again.

[Silence 11 minutes]

[Silence 3 minutes]

Keep

[Silence 36 seconds]

returning to the signs of life in your body, the breath, the weight, the pulsations, the hands touching, including the sounds, sense of space around you.

[Silence 7 minutes]

[Silence 5 minutes]