Meditation

Angela 2 — Week 3, Day 3, Session 1 — 29 minutes

Summary: After a bow, a few words on beginning from this spot, the ground, and the breath, then opening into the space around the body. Turning the light around so a larger being perceives the one sitting, receiving, awareness knowing awareness. The sit follows, with later reminders of posture, the golden ball, and a small smile.

Introduction

Let's bow together.

Few words that — they're helpful, use them.

So we can start from the sense of this spot, the ground, the breath, right here.

And as we get the sense of being right here, include the space around your body, so you don't feel kind of hemmed into your body — you're spacious.

Then there's this movement into the larger space, and the feeling is as if one is turning the light around towards the one sitting there.

And whether we think of it as our larger being or other beings perceiving the one sitting here.

And it's not as if you leave this ground — it's that it becomes a larger space.

But it's really free from thinking that you, sitting there on the cushion, are in charge of the meditation.

And it has a feeling of receiving. Receiving a blessing, receiving a light — that awareness knows awareness.

Something knows the one here, and what they're experiencing.

Sitting

So, begin just right on this spot — that it grow from there.

Good journey.

[Silence 10 minutes]

Taking care of your sitting posture is very helpful.

Sensing the ground support, your thumbs gently touching, awaken your hands.

Feeling of length in your spine, top of the head towards the sky.

Breath attracted to the golden ball where your hands are, maybe even all the way down to the bottom of your pelvis.

A small smile can keep you from getting too serious.

Eyes letting light in.

Growing out from the physical body into the space around you.

Getting to the larger space where we turn the light around, we sense knowing of the one sitting there.

[Silence 8 minutes]

[Silence 9 minutes]