Meditation

Angela 2 — Week 3, Day 3, Session 7 — 3 minutes

Summary: Tonight's sitting takes a different form. In pods of three, people sit without speaking and offer their practice to one another, exploring space and the relation of the individual and the social. Guidance moves between sensing the body here and noticing oneself from outside.

Introduction

Tonight's sitting practice has a different form, and continues in exploring both space and the individual and the social relation.

So, in some ways, the sitting is absolutely no different than how we always sit, but you'll see the ways in which it is different.

Sitting

So, get two partners, and the three of you are gonna create a pod, sitting in — if you like to sit in a chair, have other people with a chair. So you create a pod of sitters.

Huh? No, any two other people. Three.

As you're sitting here, find the space that feels right for you from your partners, and you're not going to be speaking with each other. You're gonna be sitting, so it's just like sitting in a group.

It's just now you might notice a sense of difference being in a small group than being in the large circle. That's one thing that might occur.

I encourage you to sit from the point of view, from the inner sense, that your sitting not only matters for you, but it matters for the others. That you're sitting for everybody, and especially for the people in your group.

Of course, we're all responsible for our own practice, but we're offering our sitting to the others. Not by doing anything, not by saying anything, just by holding that picture.

So, the second thing I'll say is, I would encourage in your individual practice an intentional movement between this sensing — I'm right here on this spot, feeling my body alive in whatever way your moment is alive — and then experimenting with that larger perspective, noticing yourself from outside, turning the light around.

And even if that has no meaning so much right now, don't struggle at it, just experiment with it. It's something that perhaps can grow. I'm suggesting that it's helpful.

And I'm actually going to join your group. Okay, so if you guys create a little space, I'll come over there and shut off.