Meditation

Angela 2 — Week 3, Day 4, Session 1 — 30 minutes

Summary: Russell opens the sitting with a bow and a few words on knowing we are alive, carried on the breath. He encourages welcoming whatever is here, including reactions and the too-small historical self, then guides a quiet rest: not too tight, not too loose, friendly with what arises without letting it take over.

Introduction

Let's bow together.

Few words.

It's quite amazing to be alive. To know that we're alive, directly, is really quite unfathomable. That we can know that we're alive, if we can get simple enough.

So each moment of living comes on breath. It's almost like it's carried on the breath, coming in and going out.

And sitting here, I so much want to encourage an atmosphere of welcoming, however it is, just that it's alive and it can be known, that we can know ourselves as alive.

And then right next to that are all the reactions and opinions that we have about how life is at that moment. It's boring, it's painful, it's pleasant — and it's that move that we want to also welcome and stand back from, shine the light on that limited historical self that is just too small for our being.

It's not bad, it has a place, it's just too small. It feels so tight.

So, this atmosphere of welcoming and being really simple of feeling — oh, living is here. It's a quiet celebration of being alive.

And if there's a reaction, if there's a something inside that finds it unpleasant, as much as we can, it's a welcoming, it's a taking care of, shepherding that moment, and coming to the next breath.

So, we can get simpler. More welcoming, less identified with the reaction.

Sitting

[Silence 12 minutes]

Not too tight, not too loose. Resting, welcoming, the gift of living, and knowing that you're living.

Don't worry about all the moments that are missed. Just a kind of celebration that we can know we're alive in certain moments.

[Silence 14 minutes]

It's nothing like being aware of something. The historical self solidifies, reaction, opinion. Without judging it, just stepping back — so, that's the —

Be friendly with what's there, without letting it take over. A whole being.

[Silence 54 seconds]