Meditation

Angela 2 — Week 3, Day 7, Session 1 — 25 minutes

Summary: This meditation is intimacy with the moment, not concentration or the stopping of thought. Warm-hearted care of mudra and breath means meeting what is here exactly as it is, including tiredness, and letting that welcoming continue when the bell rings.

Introduction

So, this special practice is probably different than the way we usually think of meditation. It's based in intimacy — we could say intimacy with the moment, intimacy with life, intimacy with self, and that's all the same thing.

The way we can know intimacy with self and intimacy with life is through intimacy with this moment. Which means, it's not about concentrating on the breathing, it's not about not thinking. It's about meeting the moment, and taking care of it.

And so we take care of our mudra, we take care of the breathing, and this intimacy and taking care lives in an atmosphere of warm heartedness.

So, to take care of a moment, to be intimate with this one.

To have that warmheartedness means we're letting go of whatever is in the way, whatever opinions or judgments or ideas about how it should be different. Just exactly as it is, just exactly as we are, is where intimacy occurs.

Sitting

[Silence 7 minutes]

You don't need to be one hair different to be yourself.

Intimacy with exactly what's here. If there's tired here, it's intimacy with tired.

[Silence 13 minutes]

And when the bell rings, let there be a continuity of warm-hearted welcoming, just as it is, this intimacy with how it is, just how you are.

Taking care. Your mudras, your standing, stepping.

[Silence 3 minutes]