Talk

Angela 2 — Week 4, Day 4, Session 5 — 14 minutes

Summary: Russell describes watering life-giving moments so the brain can hold more joy, then turns to spiritual benefactors. He lets an old football coach arise, stays with the sensory details and the uplift they bring, and shows how a possible moment can be taken into the body. The guided process itself waits until after lunch.

Cultivating joy

So, as we were speaking about yesterday, and heard him speak about earlier times in different contexts — sorting through our experience, or the life-giving moments, and cultivating them, watering them, so that we have the sensations, the feelings, some kind of imagery, symbol, representation — helps them to grow in our brain. This is how that happens.

And we do that with moments of gratitude, feeling blessed by something. Any moment in which you've had a yes inside, we return to that moment and water it. It's quite an amazing discovery that our brain can actually recreate it in higher resolution by giving it more attention later.

And then you learn to have that high resolution in the moment, because you actually train your body to be able to take a bigger charge. So you can withstand more goodness.

It sounds crazy to say, but you actually train your body to have a higher threshold of happiness, a higher threshold of joy. And it's surprising to find out that, for some, at some level, there's a part of us that gets scared. I'm gonna get blown out, it's too much, like this. So we don't wanna just go around, you know. So how can we have that larger charge and still a sense of the ground? So it's practice, to grow our capacity.

It's amazing. It's so much easier to get people to work on their problems than it is to cultivate their joy. I mean, I feel like sometimes I'm hitting my head against the wall. Oh yeah, that's good, that's good. Let me get to the real stuff.

No, I don't wanna minimize, you know. I'm not an avoider of difficult moments. We want that also, but I want to really stand up for growing our immune system — grow — I mean, that's a silly way to put it, in a way. That's also true, that it makes us healthier, but growing our capacity to celebrate living.

Benefactors

So, one of the observations, I'd say, that I have is that everyone that I've met, even people with really tragic backgrounds — and this includes everyone in this room — would not be here without some kind of benefactors in our history.

Amen, right?

Some kinds of — you know, we call them spiritual benefactors, if you want, or just beings that — it's not that they were perfect, or even if you knew their whole life, maybe there was lots of difficulty with them. But we each have different teachers, coaches, relatives.

Sometimes it's somebody we met briefly on a train ride and just had some kind of intimate contact with, that they resonated. And something inside modeled on them, took them as a model. And it's in there, and can be watered to bring that forward.

And we have numerous, you know, benefactors like this.

And as with the other kind of resource processes, it doesn't matter whether it was the biggest one, or even a real big one, but just that they touch that place that you get, oh yeah, when I guide you through this process, whoever comes, you know?

And the key, as always, is cultivating some sensory-rich moment for your brain to work with. And as I've explained before, I'll explain again. The moment does not have to be a historically accurate moment. It can be. Some of us get memories like — but it has to be a possible moment. In other words, you're not just inventing some, you know, you met on Pluto or something, you know.

I'm gonna just take a moment here. It's easier to do than to speak.

An old coach

So I'm just pausing and inviting, and I'm asking my inner world for a new one, 'cause I've done this a lot. I'm curious who wants to.

Going through all the — beings that I've been with. Some of them very special beings. Mother Teresa was a resource, 'cause I had been with her, and Moshe has been a resource in this way, and Jean has been a resource. But I'm thinking, actually, that's far out. There we go.

Okay, so it pops in as an old football coach, Mr. Hawks.

Yeah, I haven't thought about him in a while. He had bright blue eyes, a round head, and a jaunty walk, and very positive. Seeing, walking towards the dining hall, Worcester Academy. Walking, he's in front of me, and he turns. He's got a smile, and just a playful positivity that gives me an uplifted feeling.

And yet he's got a strength in him. A strength in him. It's like he's there, in the sense that I can rely on him.

There's something in his presence, in his real interest in me.

He's asking questions, smiling. Just notice, I feel welcome in his presence. I feel whole. I feel like I want to — a very positive sense of just wanting to be better in his presence.

And I noticed my hands have this uplifting gesture. It feels like that.

There's something in his humor that's important for me, that lightens things. So yeah, there we go. It's the combination of the strength, the depth, and the light.

And these gestures, and I'm just taking into my body right now the gift of this. That's what my body is taking from his presence — the uplift and ground that comes from it.

Okay, I'm gonna let that go right now.

At least, it doesn't wanna go. Stay around. I'm gonna come back to this room.

It really feels so whole in here.

Coming back

So one of the things that I'm still kind of in between worlds, that I'm appreciating, is how — go to present tense.

Let the moment form. Be in a real place that could have been. I'm not sure if we walked on the path that way. We might have. We could have. The path was real. We went to the dining hall. That's real. I don't remember exactly if that moment occurred, but it could have.

And I didn't say it out loud — the grass was there, the path was there, his smile, blue eyes. I said some of that, his round. So make it sensory rich so you got it. Your brain works with it better that way.

But then, really get how it feels inside. And take the qualities that come. I would not have predicted that, had I just sat here writing. I could have said somehow he was a good teacher and coach, and I'm surprised he came.

But I trust that it's —

So, present tense. Create a moment. Listen to the influence. Let that come. Let the words, gestures — let it surprise you.

And guide yourself back.

Okay, so, and take your care coming back. These are shifts of consciousness, and you can feel the state settling. If you pay attention, you can feel the state congealing.

So up until this moment, like ten seconds ago, it was still congealing, so I couldn't make eye contact. I couldn't talk to you in the way I am now. I could be in touch, but I was in the two worlds. Does that make sense?

So you wanna respect that a lot, for it to congeal in a way that the inner life doesn't get shook up. Have the image of, like, a pudding settling.

Since the — and I just realized it's lunchtime. So we're gonna need to do this after lunch.

We're going to — I'm gonna guide you through the process. I encourage you not to try to predict it. Let it be spontaneous.

I'm gonna guide you through the process. First, you can do it by yourself, then you can do it with a partner. Yeah, let's see what happens. Let's see what happens. I could change it, but — yes.