Talk

Angela 2 — Week 5, Day 1, Session 1 — 5 minutes

Summary: Russell reflects that living is not easy but simple, and that we complicate it. Every situation holds both a gift and a cost. He describes waking with love and loss as his daughter leaves, without a story that parting is bad, and without pushing the hurt away. He then turns toward lighting candles and a short practice.

The simple process of living

Just sitting, knowing that we're here.

This whole process is getting so simple for me. This process of living. Not easy, but simple.

I want to explore that. How we can make it so complicated — simple process of living.

Of course, we have these incredible situations. Everybody — people, illnesses, challenges, excitements, changes — can, on the surface, seem very complex.

I'm very interested in how we make trouble for ourselves.

A gift and a cost

I mean, just that.

Every situation I know has a gift and a cost. There's a loss in everything, is my experience, and a gift in everything.

And getting spacious enough to allow that — that we don't have to stop loving this incredible weather in order to be deeply in our heart concerned about the crops and the farmers. It doesn't — one doesn't demand the other. You know?

We're taught to think in that dichotomized way. But it's a big important learning for living, that there's space for all that.

Sad, wonderful, loving

This morning I woke up. My daughter has been with us for about six weeks. She's doing a graduate program and she works at a university, so she gets a long break. And she just left today. And so I came here, she went.

And I woke up this morning with such a sad, wonderful, loving feeling.

It was like there were tears in there at how — and yet it was so full of love and connectedness and caring and loss. She's going, and I'm going to see her very little over the next year, and all that's living in it together.

And I was so grateful that I didn't have a story called parting is bad, or missing is bad, or now I have to feel this way because that — but also don't have to deny or push away the place that hurts with it also.

And I think that there's something about that that's important for me in my life, and for this work we're doing this week, but we'll get more to that when we're a little less tired.

But as I was sitting here feeling so hollow, that's really with me.

Lighting the candles

Valerie, do you know, we can light the candles as far as you know, right?

Yes, we will light the candles. And do you have matches?

Great. So let's —

And what I'd like to do is start with — kinda create a little bit more space. Feels a little tight, and then I wanna do some walking meditation together, actually a little bit of standing, walking, and some sitting together.