Meditation

Angela 2 — Week 5, Day 2, Session 1 — 30 minutes

Summary: Russell encourages simplicity in sitting: choose embodied presence over and over, gently acknowledging thoughts and feelings without taking them as absolute. Feeling the bottom and the breath in the tanden counters mental energy, and each awakening reveals the spaciousness of being that is always here.

Introduction

I'd like to offer a few words as we start.

I want to encourage a great simplicity in our sitting.

It's, like I was saying last night, the mind creates great complexity, and it can feel like that's reality, and we don't realize it's mentally created.

And the practice of sitting here is really a direct connecting to the simplicity of being alive.

And the practice is to over and over and over choose embodied presence while we acknowledge the stories, thoughts, and feelings.

We don't take them seriously in the sense that they're true and real and absolute.

It's a gentle acknowledging, not pushing away or rejecting, but a loyalty to presence — a loyalty to this beingness that's always here.

Very simple — over and over choosing, returning, resting.

Sitting

Down together.

[Silence 18 minutes]

When the habit of thought is very dominant, it's so helpful to feel your bottom and the breath down the tanden. It's like a counterweight to the energy that's up in the head.

Dropping down can be an entry point to being. Just as we are.

[Silence 7 minutes]

Each moment that you awaken to the stories, to the thoughts, notice the spaciousness around that moment and within that moment. That's the beingness. It's always there. Spacious, open.

You don't need to get rid of thoughts to feel the temporariness. The spaciousness around.

[Silence 2 minutes]