Meditation

Angela 2 — Week 5, Day 3, Session 1 — 31 minutes

Summary: A seated meditation begins with feeling the contact of the sit bones and the support beneath them, then lengthening the spine and working with the breath and belly. After a bow, the sitting opens into silence, with guidance to soften into a larger space, notice with warmth, and receive breath and support simply.

Introduction

Please take a few moments to feel your bottom in contact with what's supporting you.

Just intentionally drop down, and shift your weight a little bit, like you're saying hello to the right side of your bottom and what it's on.

So it's like there's a relationship, not only to yourself, but to what is supporting you.

And then you go to the left side, and you can feel a sense of I'm here on this spot.

And this spot is both an internal and external phenomena.

You are confirmed, and you are confirming this spot.

Once again, to the right. Just stay there and feel.

I'm here.

This spot comes alive in my presence. I come alive in the presence of this spot.

And coming to your left once again.

And sensing both together.

And then feeling the length of your spine — so not shortening — come forward on your sit bones, as if you're coming forward and up, and out of your pelvis a little bit.

Your spine is long. You're moving just a bit forward.

Stay there for a few moments, and then you come once again over your sit bone. It's not the shortening in the abdomen or in the chest coming down. It's coming forward, up.

Here.

And then let a breath go. Let the breath come out, little exaggerated exhale. Let the breath come in, down towards your lower belly.

And pause.

And let the breath go.

Put your hands for a moment just on your lower belly. And feel how you could push out into your belly an intra-abdominal pressure. Out.

And just breathe, keeping your belly forward. Not arching your back, but forwarding in your belly.

Keeping it full as you breathe, even as you exhale.

Now pull in your belly. Let the belly button get closer to the spine and back.

Stay in, and find a way to breathe.

Now with the next exhale, push your belly down and out.

Inhale anyway. Let the belly soften a bit.

And then again, exhaling out of your mouth, push down and out.

Take your mudra.

Let your breath be natural.

The four-phase breathing can be an ally for brief periods during the practice, to bring something more magnetic for your consciousness down. Or if your consciousness is being pulled away by the head energy, by the thinking energy.

Create a stronger calling down.

Sitting

And let's bow together.

[Silence 6 minutes]

Let your body be open to the space around you, your eyes a little open.

Just as you take in the air, you take in the sound and the light. Let your body soften at the edges.

Meditation is larger than your mind, larger than your body.

It's part of a much larger process moving through you.

[Silence 12 minutes]

Keep stepping back, noticing with warm-heartedness what arises, but entering that larger space that's always there, the space that notices.

This is the coming and going.

[Silence 5 minutes]

Keep allowing yourself to be really simple, receiving the breath, the oxygen that's given freely.

Simply exhaling and feeding the plants, the grasses, and the trees, receiving the support from the earth beneath you.

Giving your gratitude for being carried.

It's just sitting here and breathing, and gently noticing all the other things we add, with little humor, little kindness, and taking it so seriously what the mind creates, taking it so personally.

[Silence 55 seconds]

And the bell rings. Maintain a continuity of connection to living through your hearing and your breathing and your standing.