Meditation

Angela 2 — Week 5, Day 4, Session 1 — 30 minutes

Summary: A brief guidance invites attention down through the pelvis, legs, and contact with the earth, then upward through the spine. Breathing may drop into the belly and pelvic floor. Sensing opens to the space around and within the body, permeable and grounded, and the sit continues in a long silence.

Introduction

It's about to get —

Sitting

As you drop down, I invite you to sense clearly your bottom and the contact with the cushion, chair, letting the energy, the attention drop down to your feet and legs, to the earth.

Sensing the support from below, from your pelvis, from your legs, from the cushion, from the earth, and sensing your rising towards the sky. The spine upward, top of the head upward.

Letting the breathing drop down to your belly, into your pelvis, all the way down, if it wants to, all the way down to your pelvic floor. If it opens easily downward that far.

And as you sense yourself on this spot, and also opening your attention to the space around your body, beyond your body.

Your sensing, your living includes the spaces behind you and above you, and left and right, that you're permeable, you're open, yet grounded.

So there's a movement from what appears to be outside the body to what appears to be inside the body. There's this movement.

And we can open to the space around us, and the space within us, and feel this doorway or this subtle passage.

[Silence 27 minutes]